

AWA RETREAT SCHEDULE –

First weekend—Sept. 29-Oct. 1, 2023

Friday September 29 – **IN PERSON ONLY**

4:00 - 5:00 pm EDT	Check in at the Retreat Centre Jericho House, 10845 Rathfon Rd, Port Colborne ON L3K 5V4
5:00 pm EDT	Dinner and settling in
6:00 pm EDT	Welcome Gathering
7:00 – between 8:00 and 8:30 pm EDT	Write and Read together as AWA Affiliates
8:30 and beyond	Hanging out with your colleagues or retreating to your own quiet space

Saturday, September 30 – HYBRID – **In Person AND Online**

(Please note: September 30 is National Truth & Reconciliation Day in Canada, and now in parts of the US as well. This is the day Canadians wear orange to remember the Indigenous children who were sent to residential schools and never returned, and to honour Survivors, their families and their communities.)

<https://www.ictinc.ca/blog/what-is-orange-shirt-day>

8:30 am EDT	Breakfast
10:30am – 12:00 noon EDT	Trauma Informed and Trauma Responsive: How to recognize it and what to do when trauma shows up in your workshop With Jen Cross and Meadow Jones moderated by Sue Reynolds
12:00 noon EDT	Lunch Break
1:00 – 2:30pm EDT	Keynote Address – by poet and activist, Ellen Bass Transforming Trauma into Art
2:30 – 3:00 break	Bio break – rest and refresh, move
3:00 – 4:30 pm EDT	Writing as Therapeutic vs. Writing as Therapy – and the intersection with the AWA Method As AWA facilitators, how do we present ourselves and our workshops with regard to claims of healing? What do we promise? How do we deliver? Should we be issuing trigger warnings? And other questions of concern to facilitators. With Maureen Buchanan Jones and Carla Hanson , moderated by Jan Haag
5:00 pm EDT	Dinner

Rest of evening	At leisure
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Sunday, October 1– In Person Only

8:30 am EDT	Breakfast
9:30am – 12:00 noon EDT	<p>Inspired by Images <i>“Step into a scene and let it drip through your fingertips.” — MJ Bush</i> Ekphrastic writing has been described as “taking the visual and transforming it to the verbal.” This form of writing, used for centuries, encourages writers to use visual art as a muse for putting words to paper. In this workshop, participants will explore the use of images as a source of inspiration for imaginative writing. The workshop will include a taste of SoulCollage®, an expressive arts method through which we’ll create and write from our own images. (A background or experience in art is not required.) Participants will have the opportunity to share their work—if they choose—and receive positive, uplifting feedback. All supplies will be provided! Join us! With Kimberly Lee</p>
12:00 noon EDT	Lunch Break
1:00 – 3:30pm EDT	Field Trip— Write at the Falls —facilitated by Deepam Wadds , supported by facilitators present
4:00 - 5:00 pm EDT	Back to the Retreat Centre Check in for SELF DIRECTED PORTION of the Retreat
5:00 pm EDT	Dinner and settling in
6:00 and beyond	At leisure—hanging out with the other writers or retreating to your own quiet space

Monday October 2–Wednesday October 4 - In Person, self-directed retreat

8:30 am EDT	Breakfast
12:00 noon EDT	Lunch Break
5:00 pm EDT	Dinner
	Retreat is over after lunch on Wednesday, October 4
2:30 – 3:00 pm break	Bio break – rest and refresh, move

Please note: Because these three days are self-directed, there is no formal schedule besides meals. However, facilitators are welcome to organize something in the small meeting rooms if they’d like to write together.