

# ROUTES To Relationships

Therapy and skills to get where you want to be.

## Custom Family Workshop Series- Sample Itinerary

### Workshop #1

<b>Arrival and Introductions</b>	Meet your clinician and supporting staff.
<b>Orientation to camp</b>	Become familiar with your surroundings.
<b>Opening experiential exercise</b>	Jump into a metaphorical activity that leads to your initial experience of open and honest communication.
<b>Snack and break</b>	Food and drinks provided. Preferences and dietary restrictions are accommodated.
<b>What is vulnerability?</b>	Discuss what it means and how it feels to be vulnerable. Explore what holds us back and what can give us the courage to look at and share our authentic selves.
<b>Lunch</b>	Food and drinks provided. Preferences and dietary restrictions are accommodated.
<b>What's our pattern?</b>	Participate in an experiential exercise or structured activity to learn about your family's communication, emotional, and relational patterns.
<b>Closing exercise</b>	Review learnings and takeaways from the day. Set hopes and intentions for homelife that will be built upon in your next workshop.