

**BONDS BEHIND THE BADGE – COUPLES RETREAT**

**FEBRUARY 15-18, 2024**

DATE / TIME / LOCATION	ACTIVITY
Thursday, February 15 <sup>th</sup>	
<p align="center">After 4:00pm Mill Creek Grand Lodge</p>	<p align="center">Check In \$175 for 2 nights \$250 for 3 nights</p>
<p align="center">6:00pm – 9:00pm The Hull’s Cabin – Cottage #52</p>	<p align="center">Optional dinner meet &amp; greet – meal prepared by ATO Cook Team (Hotdogs and hamburgers)</p>
Friday, February 16 <sup>th</sup>	
<p align="center">8:00am – 9:30am</p>	<p align="center">Breakfast provided by ATO Cook Team</p>
<p align="center">9:00am – 9:15am</p>	<p align="center">Introduction w/ Ed Lujan</p>
<p align="center">9:15am – 11:15/11:30am</p>	<p align="center">Financial Cop Nick Daugherty <i>“Building Financial Strength in First Responder Families”</i></p>
<p align="center">11:30am – 12:30pm</p>	<p align="center">Lunch provided by ATO Cook Team (Food TBD)</p>
<p align="center">12:30pm – 3:30pm</p>	<p align="center">That Peer Support Couple w/ Cathy &amp; Javier Bustos</p>
<p align="center">3:30pm – 4:30pm</p>	<p align="center">That Peer Support Couple w/ Cathy &amp; Javier Bustos <i>Breakout Session</i></p>
<p align="center">5:00pm – 7:00pm</p>	<p align="center">Dinner provided: Mexican buffet style</p>
<p align="center">7:00pm – 9:00pm</p>	<p align="center">Couple’s Painting with a Twist (Optional) \$60/Couple BYOB</p>
Saturday, February 17 <sup>th</sup>	
<p align="center">7:00am – 8:00am</p>	<p align="center">Warrior Spirit Yoga (Optional)</p>
<p align="center">8:00am – 9:30am</p>	<p align="center">Breakfast provided by ATO Cook Team</p>

**BONDS BEHIND THE BADGE – COUPLES RETREAT  
FEBRUARY 15-18, 2024**

9:00am – 9:15am	Introduction w/ Sean and Tammy Pease
9:15am – 11:30am	The Thin Line Counseling w/ Donna Thurman
11:30am – 12:30pm	Lunch provided by ATO Cook Team (Food TBD)
12:30pm – 1:15pm	The Thin Line Counseling w/ Donna Thurman  <i>Learn ways to do conflict in a healthy way. "It's emotional disconnection that destroys relationships, not fighting. Happy couples fight. The difference is that happy couples fight and find a way to turn back and connect again." -Dr. Sue Johnson.</i>  <i>Learn some simple communication techniques to help us learn to listen to understand, not listen to reply.</i>
1:15pm – 3:30pm	The Brave Fight Tempa Sherrill, M.S., LPC-S Gretchen Davis, MFT Sasha Kim  <i>"The Impact of First Responder Service on Families"</i>
3:30pm – 4:30pm	The Brave Fight Tempa Sherrill, M.S., LPC-S Gretchen Davis, MFT Sasha Kim  <i>"The Impact of First Responder Service on Families"</i>
4:30pm – 5:00pm	Closing <i>Comments / Questions / Feedback / Survey</i>
Sunday, February 18 <sup>th</sup>	
Before 11:00am	Check Out