



S.A. LIFELINE FOUNDATION

Women’s Workshop

1255 S. 1000 E. Mapleton, Utah | September 18-19

Event Schedule

FRIDAY, SEPTEMBER 18	
TIME	DETAILS
9:15-10:00 AM	Check In & Get Settled
10:00-10:20 AM	Introduction to Workshop
10:20-11:00 AM	Get to Know You Game
11:00-12:00 PM	Breakout Sessions
12:00-1:00 PM	Lunch
1:00-2:00 PM	Breakout Sessions
2:15-3.45 PM	Therapist Presentation: Betsy Hughes Barrow
3:45-5:30 PM	Soundbath
5:30-6:30 PM	Dinner
6:30-8:00 PM	Skits
8:00 PM	Free Time/Go Home

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SATURDAY, SEPTEMBER 19	
TIME	DETAILS
8:00 AM	Breakfast
8:45-10:15 AM	Hike
10:15 AM	Break
10:30-12:00	Therapist Presentation: Lindsey Robinson
12:00-1:00 PM	Lunch
1:00-2:30 PM	Craft
2:30-4:00 PM	Rhyll Croshaw
4:00-4:30 PM	Rachelle Schaat: Self Care
4:30-5:30 PM	Personal Reflection & Downtime
5:30-6:30 PM	Dinner
6:30-7:30PM	Group Share
7:30-8:00 PM	Mingle & Goodbyes