



5th Annual Perfect Connections Summer Retreat Agenda–2026

12:00pm Wednesday, July 22 to 3:00pm Thursday, July 23

Mt Olivet Retreat Center–Farmington, MN

*Please feel free to meet your own needs
for rest, reflection, or movement during any of the sessions or activities.*

Wednesday, July 22 (Day 1)

11:00-12:00–Arrive, drop items in your room (for overnights), explore the facility, informal conversations

12:00-1:00pm–Lunch

1:00-2:00pm–Session 1: Introductions & Gathering (led by Katie Anderson) + Day 1 Group Photo

2:00-2:15–Break

2:15-3:45 pm–Session 2: Handling Difficult Situations in Parent Discussion Time (led by Nancy Trehey & Jennifer Wenner)

3:45-4:00pm–Break

4:00-5:15pm–Session 3: Creating a Roadmap for your Sessions/Semesters
(We will build on this topic tomorrow in Session 4. Both sessions will be recorded for those who are attending one day.)

(Note: The indoor pool and hot tub will be available from 5-6 as an option).

5:15pm–Very quick break!

5:30-6:00pm–Neurographic Art Adventure with Barb Burkhardt, Part 1. This casual session will unlock your creativity and release stress. And you can take it back to do with your own families!

6:00-7:00pm–Dinner

7:00-8:00pm–Neurographic Art Adventure, Part 2

8:00-10:00pm–Campfire, Community & Casual Games

Thursday, July 23 (Day 2)

8:00-9:00am–Breakfast for overnights. Please pack belongings into your car before morning session 4.

9:00-10:00am–Choose Your Own Adventure

- Option 1: Guided Yoga w/ Molly.
 - Bring \$10 for the instructor and a yoga mat if you have one.
- Option 2: Book Sharing! Bring a recent favorite book (children's or adult) you're using in Parent Ed.
- Option 3: Morning Walk, Talk, or Meditation.

10:15-12:00pm–Session 4: Developmental Highlights...How to Integrate "Highs & Lows/Joys & Concerns" into your practice

12:00-1:00pm–Lunch + Day 2 group photo + final room check out

1:00-2:00pm–Session 5: What's On Your Mind? Time to ask your final burning questions to the group hivemind

2:00-2:15–Super Quick Break

2:15-3:00 pm–Closing: 30 Takeaways in 30 Minutes

Save the date for next year! Wednesday & Thursday, July 21-22, 2027