

# Mental Wellbeing in Rural Communities:

## An Informative Retreat for Leaders in Small Town & Rural Ministry

	MONDAY	TUESDAY	WEDNESDAY
8-9AM	Arrival: rooms may not be ready until 4pm. If you arrive before 4pm, please feel free to relax and enjoy the facilities.	Breakfast	Breakfast
9-11AM		Free Time	Packing, Affirmations, Evaluations
11AM-NOON		<b>Suicide Prevention in Rural Communities</b> Margie Neugebauer	Worship Arlyn Rusche
12-1PM		Dinner	12-12:30 Dinner
1-3PM		Free Time	Safe Travels
3-4PM		<b>Staying Sane(ish)</b>	
4-5PM		<b>Best Practices</b>	
5-6PM		5-5:15 Welcoming 5:15-5:30 Schedule 5:30-5:45 Introductions 5:45-6 Devo & table prayer	
6-7PM	Supper	Supper	
7-8PM	<b>Strategies for Leading with Hope in Rural Ministry</b> Nancy Eckels	<b>Tell Me A Story</b> Tera Kossow	
8-9PM	<b>Relationship Building:</b> Indoor and outdoor activities	<b>Relationship Building:</b> Indoor and outdoor activities	