

MENDING BROKEN RELATIONSHIPS

PROGRAMME

09.30am	Welcome and technical tips
09.35am	Meet your Buddies
09.40am	Session 1: Cycles
10.00am	Buddy Group Discussion 1 (20 mins)
10.20am	Session 2: Defences and Games
10.40am	Break (10 minutes)
10.50m	Questions and Comments
11.00am	Session 3: Assertiveness
11.30 am	Buddy Group Discussion 2 (15 mins)
11.50am	Break (10 minutes)
12.00noon	Session 4: Caring and Confronting
12.20pm	Buddy Group Discussion 3 (15 mins)
12.35pm	Questions and Comments
12.45pm	Final Thoughts
12.50pm	Say goodbye to buddies 4 (5 mins)
12.55pm	Updates and Information
13.00pm	Finish