

SCHSPH XXXI

PEER HELPER UNCOMMON SEMINAR

Sept 22-23 Eagle Bluff

When one helps another, both gain in strength.

WHAT TO BRING:

1. Sleeping bag, pillow, camping pad if you have one
2. Casual clothes including a sweatshirt or fleece
3. Anything you need for whiskers, hair, skin, teeth, asthma, etc.

ALSO SOME IMPORTANT SPECIAL STUFF

1. Newbies bring a self created poster. Participants need to randomly pick a quote from your advisor and **create a poster** about the size of a stop sign. You can use felt-tip pens, paint, pastels, cut-outs, whatever. It can be on new cardboard or you can recycle the back of an old poster. It need not be expensive, but put some effort into it.

If you are a returning veteran, instead bring: a peer helper... story, game, reading, snack, song, poem, picture, sculpture, video, painting, whatever. And be prepared to present it, share it, sing it, tell it, read it, or act it

out. It should have some heart and/or some snap to it and a peer helping theme. You can partner up with one other veteran if you desire. Also veterans will be expected to share some of the leadership tasks during the training.

2. An object that is important to you, this might be a poem, a picture, a stuffed animal, a medal, a broken ski, whatever, but it should have some story behind it. Everyone needs to bring something, advisors too!

AND WHAT NOT TO BRING ON THE TRAINING

Cell phones, alcohol, tobacco, lpads, textbooks, lust

This is a chemical free training experience including tobacco. One of the goals of a retreat is to be remote cell phones impede this idea. You can survive 48 hours without checking your Instagram!

Romance is great. Certainly you are free to be involved or to become involved with other peer helpers. The training does take a lot of energy and is emotionally draining. We do ask that during the training you put any relationship on

hold. During the training we do some exercises that draw us toward one another. It is really important that we don't mix up this supportive atmosphere with sex. Please, one person per sleeping bag. No sexual contact. This rule is

crucial to your training and also to the integrity of the entire peer helping program (college and adult peer helper workshops have this same rule).

The concern about personal electronic devices is they tend to insulate us from each other open communication beyond the group. One purpose of the advance is to connect. It is going to be a great two days

Please arrange your schedule so you can attend from beginning to end - you'll be glad you did. And it is important for group unity. It may sound like an oxymoron but the training is both long and fleet. It is a rollercoaster. Do your

best to arrive well rested, alert and at peace.

If you have any specific requests for training activities or subjects you want covered please e-mail me and I will do my best to accommodate you. Thank You and Happy Trails, Rob rob@robkesselring.com

Facing it, always facing it, that the way
to get through. Face it.

It's not the load that breaks you down;
it's the way you carry it.

You cannot do a kindness too soon,
because you never know how soon it
will be too late

Friendship is born at the moment when
one person says to another, What? You
too? I thought I was the only one.

A joy shared is doubled
A trouble shared is cut in half

St Charles High School, where
everybody is somebody

A person is loved not by how tall he or she stands but by how often they bend to help

Never Half-Way

Never let yesterday use up today

Even if you are on the right track you will get run over if you just sit there

Don't wait to show someone you care!
You may never have another chance to say it.

Every ship needs a port during a storm