

Empowering Families Agenda

October 11-12, 2025 Keystone, SD

TIME	Saturday, October 11th	Location
9:30-10:30	Registration at Welcome table	Lakota Room
10:30-10:45	Welcome	Dakota Room
10:45-11:45	Welcome Keynote: Kayla Klein <i>Advocating from Where You Are — Everyday Leadership in Action</i>	Dakota Room
11:45-12:35	Lunch	Lakota Room
12:35-1:45	Parent Cafe	Dakota Room
1:45-2:00	Break	
2:00-3:00	Learning Session Break-Outs: Parent Leadership Facilitators	Supporting your Child through Transitions, Janet Whiting: Gold Literacy as a Tool for Empowerment & Connection, Sierra Frazier-Riggs: Dakota Six Skills to Strengthen Your Resilience, Aiveen (Ryan) Martin: Lakota
3:00-3:15	Break *Hotel Check-in Opens at 3:00	
3:15-4:45	Well-being Experiences - Guided Rotation 1: 3:15-3:55 - Guided Rotation 2: 4:00-4:40 *Independent A selection of board games and activities are available the Breakfast Room	Guided Rotations: Fly Fishing Basics: Gold & Outside Essential Oil Blending: Lakota Clay Magnet Making: Dakota Laughter Yoga: K Bar S Lawn Golf Putting Practice: Outside
4:45-5:30	Break *Cash bar available in the Lakota foyer from 5:00-8:00	

Empowering Families Agenda Continued

TIME	Saturday, October 11th	Location
5:30- 7:00	Dinner and Keynote: Hollie Strand <i>Tending and Mending a Servant's Heart</i> *Tropical Themed Attire (Optional)	Lakota Room
7:00-8:00	Optional Evening Networking Games *Firepit and S'mores available until 11pm	Puzzle Off: Dakota Room Sports Trivia: Green Room Board Games & Crafts: Lakota
	Sunday, October 12th	
6:30-8:00am	Continental Breakfast Open *Available until 9:30	Breakfast Room
8:00-8:10	Morning Welcome	Dakota Room
8:10-9:10	Power Mapping Workshop: Kayla Klein <i>From What Matters to What's Next</i>	Dakota Room
9:15-10:15	Closing Keynote: Kayla Klein <i>Reframing Failure as a Leadership Skill</i>	Dakota Room
10:15-10:30	Closing Reflection *Hotel Check-out at 11:00	Dakota Room

Thank you to our partners who helped
make this retreat possible!

Dakota Trout
Unlimited

K Bar S Lodge

Huggies

Two Pines Therapy
and Connection Center

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EMPOWERING FAMILIES

SESSION DESCRIPTIONS

OCTOBER 11–12, 2025



Supporting Your Child through Transitions, Janet Whiting

10/11 2:00–3:00, Dakota Room

Change is a normal part of family life but can be hard on kids (and parents too!). This session offers practical strategies for helping children of all ages handle life's transitions with more ease and confidence.



Literacy as Empowerment and Connection, Sierra Frazier-Riggs

10/11 2:00–3:00, Gold Room

Literacy opens doors to knowledge, self-expression, and opportunity. In this session, families will explore fun everyday activities—like cooking, shopping, and bedtime—that build strong readers and storytellers. You'll also play a storytelling game, explore literacy activities, and create a take-home literacy kit to strengthen family connection.



Six Skills to Strengthen Your Resilience, Aiveen (Ryan) Martin

10/11 2:00–3:00, Lakota Room

Discover six simple wellness skills rooted in how our bodies respond to stress and trauma. Using the Community Resiliency Model, you'll learn practical techniques to steady your nervous system, support emotional balance, and strengthen everyday resilience.



Dinner Keynote: Tending and Mending a Servant's Heart, Hollie Strand

10/11 5:45–6:45, Lakota Room

Parents, caregivers, and those who serve others will gain the perspective and tools to navigate burnout and hardship with resilience, clarity, and the strength to keep going; even when the work feels hardest.

Opening & Closing Keynotes and Workshop, Kayla Klein

Dakota Room

Advocating from Where You Are — Everyday Leadership in Action, 10/11 10:45–11:45

Advocacy isn't just for professionals — it's something we all do every day. This keynote will explore how relationships, clear communication, and small wins create lasting change through everyday opportunities.

Power Mapping Workshop: From What Matters to What's Next, 10/12, 8:10–9:10

Learn how to turn big goals into clear, actionable steps. In this interactive session, families will map key players, practice communication strategies, and leave with a personalized tool for tackling real-life advocacy challenges.

Closing Keynote: Falling Forward as a Leadership Mindset, 10/12, 9:15–10:15

Leadership isn't about perfection — it's about persistence. Just like a baby learning to walk, falling is part of the process. This keynote reframes failure as a leadership skill, offering practical strategies for turning setbacks into growth opportunities. Participants will leave with tools to reframe missteps, reset their mindset, and rise stronger in their families, communities, and everyday lives.