



**FAACT'S EIGHTH ANNUAL TEEN RETREAT**

**OAK BROOK, ILLINOIS**

**SEPTEMBER 15-17, 2023**

**TEEN SCHEDULE**

**\*\* TOPICS & SPEAKERS SUBJECT TO CHANGE \*\***

FRIDAY, SEPTEMBER 15, 2023		
<b>TIME</b>	<b>TEEN SCHEDULE - MEET IN HYATT LODGE LOBBY</b>	
10:15AM	MEET IN HYATT LODGE LOBBY for DAY ACTIVITY for TEENS & PARENTS/CAREGIVERS	
10:30AM - 2:30PM	Drive/Carpool to Oak Brook Shopping Center: Shopping, Dining, & Socializing; Group Lunch at Maggiano's	
<b>TIME</b>	<b>TEEN SCHEDULE - HYATT LODGE CONFERENCE CENTER: ROOM 264 A/B</b>	
6:30PM - 7:00PM	CHECK-IN at REGISTRATION	
7:00PM - 7:15PM	<b>Welcome</b> - Eleanor Garrow-Holding, FAACT President & CEO	
7:15PM - 8:15PM	<b>Keynote Speaker:</b> Curtis Zimmerman, Living the Dream	
8:15PM - 8:30PM	Walk Teens to the Teen Social	
<b>8:30PM - 10:30PM</b>	<b>Teen Social: Hyatt Lodge - Fullersburg Room</b>	
	<b>Parent/Caregiver Social: Hyatt Lodge - Q Room</b>	
SATURDAY, SEPTEMBER 16, 2023		
<b>TIME</b>	<b>TEEN SCHEDULE - HYATT LODGE CONFERENCE CENTER: ROOM 248 A/B</b>	
8:45AM - 9:00AM	CHECK-IN	
9:00AM - 9:45AM	<b>Interactive Session &amp; Role Playing on Managing Emotions:</b> Curtis Zimmerman, Living the Dream	
9:45AM - 10:15AM	<b>Owning Your Food Allergies:</b> Maya Konoff, Paul Kramer, and Harper Madges - Teen Leaders	
10:15AM - 10:45AM	<b>Traveling with Food Allergies:</b> Maya Konoff, Teen Leader	
<b>10:45AM - 12:15PM</b>	<b>BREAKOUT SESSIONS</b>	
	<b>HIGH SCHOOL - ROOM 248 A/B</b>	<b>MIDDLE SCHOOL - ROOM 247</b>
10:45AM - 11:30AM	<b>Ask the Doctor:</b> Ruchi Gupta, MD, MPH - Northwestern Feinberg School of Medicine	<b>Being Your Best Advocate in Middle School:</b> Amelia Smith, JD, FAACT VP of Civil Rights Advocacy
11:30AM - 12:15PM	<b>Being Your Best Advocate in High School &amp; Preparing for College:</b> Amelia Smith, JD, FAACT VP of Civil Rights Advocacy	<b>Ask the Doctor:</b> Ruchi Gupta, MD, MPH - Northwestern Feinberg School of Medicine
<b>12:15PM - 1:15PM</b>	<b>TEEN LUNCH: ROOM 136</b>	
1:15PM - 1:45PM	<b>Managing Stress:</b> Curtis Zimmerman, Living the Dream	<b>Say No to Bullying &amp; Feeling Empowered:</b> Maya Konoff, Paul Kramer, & Emma Sorrentino - Teen Leaders
1:45PM - 2:15PM	<b>Say No to Bullying &amp; Feeling Empowered:</b> Maya Konoff, Paul Kramer, & Emma Sorrentino - Teen Leaders	<b>Managing Stress:</b> Curtis Zimmerman, Living the Dream
2:15PM - 3:00PM	<b>Shuttle to Escape the Room</b>	
3:00PM - 4:00PM	<b>Escape the Room: Team Building Activity for Teens - Separate from Parents/Caregivers</b>	
4:00PM - 4:30PM	<b>Shuttle Back to the Hyatt Lodge Conference Center</b>	
4:30PM - 4:45PM	<b>TEEN GROUP PHOTO</b>	
<b>4:45PM - 7:30PM</b>	<b>DINNER - WITH YOUR PARENTS/CAREGIVERS &amp; FRIENDS</b>	
<b>7:30PM - 9:30PM</b>	<b>Teen Dance Party: Hyatt Lodge Conference Center - 2nd Level, Room 280</b>	
	<b>Parent/Caregiver Social: Hyatt Lodge Conference Center - 1st Level, Room 134 &amp; 136</b>	
SUNDAY, SEPTEMBER 17, 2023		
<b>TIME</b>	<b>TEEN SCHEDULE - HYATT LODGE CONFERENCE CENTER: ROOM 248 A/B</b>	
<b>8:45AM - 9:00AM</b>	<b>TEENS REPORT TO BREAKOUT SESSION ROOMS</b>	
<b>9:00AM - 10:00AM</b>	<b>HIGH SCHOOL - ROOM 248 A/B</b>	<b>MIDDLE SCHOOL - ROOM 278</b>
9:00AM - 9:30AM	<b>Dating Do's &amp; Dont's:</b> Paul Kramer & Emma Sorrentino, Teen Leaders	<b>Preparing for High School:</b> Maya Konoff, Teen Leader
9:30AM - 10:00AM	<b>College Life: From Dorms &amp; Dining Halls to Dining Out &amp; Social Events:</b> Maya Konoff & Emma Sorrentino, Teen Leaders	<b>Socializing Safely with Friends:</b> Paul Kramer, Teen Leader
<b>10:00AM - 10:15AM</b>	<b>BREAK</b>	
	<b>JOINT SESSIONS - ROOM 248 A/B</b>	
10:15AM - 10:45AM	<b>Team Building Activity:</b> Curtis Zimmerman, Living the Dream	
10:45AM - 11:15AM	<b>Joint Session to Reflect on the Weekend:</b> Paul Kramer & Emma Sorrentino, Teen Leaders	
<b>11:15AM - 11:30AM</b>	<b>BREAK</b>	
	<b>JOINT SESSION with PARENTS - ROOM 264 A/B</b>	
11:30AM - 12:15PM	<b>Teen &amp; Parent/Caregiver Joint Session:</b> Eleanor Garrow-Holding, FAACT President & CEO, & Paul Kramer, Teen Leader	
12:15PM - 12:30PM	<b>Raffle Drawings</b>	
12:30PM - 1:00PM	<b>Closing Ceremonies</b>	

# FAACT's Teen Retreat 2023



## FAACT'S SEVENTH ANNUAL TEEN RETREAT OAK BROOK, ILLINOIS SEPTEMBER 15-17, 2023 *PARENT/CAREGIVER SCHEDULE*

**\*\* TOPICS & SPEAKERS SUBJECT TO CHANGE \*\***

FRIDAY, SEPTEMBER 15, 2023	
TIME	PARENT/CAREGIVER SCHEDULE - MEET IN HYATT LODGE LOBBY
10:15AM	MEET IN HYATT LODGE LOBBY for DAY ACTIVITY for TEENS & PARENTS/CAREGIVERS
10:30AM - 2:30PM	Drive/Carpool to Oak Brook Shopping Center: Shopping, Dining, & Socializing; Group Lunch at Maggiano's
TIME	PARENT/CAREGIVER SCHEDULE - HYATT LODGE CONFERENCE CENTER: ROOM 264 A/B
6:30PM - 7:00PM	CHECK-IN at REGISTRATION
7:00PM - 7:15PM	<b>Welcome</b> - Eleanor Garrow-Holding, FAACT President & CEO
7:15PM - 8:15PM	<b>Keynote Speaker:</b> Curtis Zimmerman, Living the Dream
8:15PM - 8:30PM	Walk Teens to the Teen Social
<b>8:30PM - 10:30PM</b>	<b>Teen Social: Hyatt Lodge - Fullersburg Room</b> <b>Parent/Caregiver Social: Hyatt Lodge - Q Room</b>
SATURDAY, SEPTEMBER 16, 2023	
TIME	PARENT/CAREGIVER SCHEDULE - HYATT LODGE CONFERENCE CENTER: ROOM 264 A/B
8:45AM - 9:00AM	REGISTRATION & CHECK IN YOUR TEENS
9:00AM - 9:45AM	<b>Food Allergy Research Related to Teens:</b> Ruchi Gupta, MD, MPH, Director, Center for Food Allergy & Asthma Research (CFAAR); Institute for Public Health and Medicine, Northwestern University; Professor of Pediatrics & Medicine, Northwestern Feinberg School of Medicine; Clinical Attending, Ann & Robert H. Lurie Children's Hospital of Chicago
9:45AM - 10:30AM	<b>Shared Decision Making:</b> Ruchi Gupta, MD, MPH
<b>10:30AM - 10:45AM</b>	<b>BREAK</b>
10:45AM - 11:45AM	<b>Managing Emotions &amp; Self-care:</b> Curtis Zimmerman, Living the Dream
11:45AM - 12:15PM	<b>FAACT's Overview &amp; Programs:</b> Eleanor Garrow-Holding, FAACT President & CEO
<b>12:15PM - 1:15PM</b>	<b>PARENT/CAREGIVER LUNCH - Room 134</b>
1:15PM - 2:15PM	<b>Accommodations from Middle School to College &amp; Tips for Self-Advocacy:</b> Amelia Smith, JD - FAACT's VP of Civil Rights Advocacy
2:15PM - 3:00PM	<b>Shuttle to Escape the Room</b>
3:00PM - 4:00PM	<b>Escape the Room: Team Building Activity for Caregivers - Separate from Teens</b>
4:00PM - 4:30PM	<b>Shuttle Back to the Hyatt Lodge Conference Center</b>
4:30PM - 4:45PM	<b>PARENT/CAREGIVER GROUP PHOTO</b>
<b>4:45PM - 7:30PM</b>	<b>DINNER - WITH YOUR TEENS &amp; OTHER FAMILIES</b>
<b>7:30PM - 9:30PM</b>	<b>Teen Dance Party: Hyatt Lodge Conference Center - 2nd Level, Room 280</b> <b>Parent/Caregiver Social: Hyatt Lodge Conference Center - 1st Level, Room 134 &amp; 136</b>
SUNDAY, SEPTEMBER 17, 2023	
TIME	PARENT/CAREGIVER SCHEDULE - Room 264 A/B
<b>9:00AM - 9:30AM</b>	<b>BREAKOUT SESSIONS</b>
	<b>HIGH SCHOOL - ROOM 264 A/B</b>
	<b>MIDDLE SCHOOL - ROOM 263</b>
	<b>Preparing for College Discussion</b> - Moderator: Caroline Moassessi, FAACT VP of Community Relations
	<b>Preparing for High School Discussion</b> - Moderator: Amelia Smith, JD, FAACT General Counsel & VP of Civil Rights Advocacy
9:30AM - 10:15AM	<b>Interactive Ways to Communicate with Your Teen:</b> Curtis Zimmerman, Living the Dream
10:15AM - 10:45AM	<b>The Young Adult's Perspective Open Q&amp;A Panel:</b> Maya Konoff, Paul Kramer, & Emma Sorrentino - Teen Leaders
10:45AM - 11:15AM	<b>Traveling Abroad with Food Allergies:</b> Maya Konoff, FAACT Teen Leader
<b>11:15AM - 11:30AM</b>	<b>BREAK</b>
JOINT SESSION with TEENS - ROOM 264 A/B	
11:30AM - 12:15PM	<b>Teen &amp; Parent/Caregiver Joint Session:</b> Eleanor Garrow-Holding, FAACT President & CEO, & Paul Kramer, Teen Leader
12:15PM - 12:30PM	<b>Raffle Drawings</b>
12:30PM - 1:00PM	<b>Closing Ceremonies</b>