



# CAMP RESILIENCE

• 2023 PTSD & MORAL INJURY RETREAT FOR VETERANS •

SEPTEMBER  
26-29

Join us for 4 days of adventure in the beautiful  
Lakes Region of New Hampshire

Camp Resilience offers this retreat designed specifically for Veterans experiencing Post Traumatic Stress Disorder (PTSD) and Moral Injury. Expect to meet new people, try something different, participate in relevant workshops, eat good food, get out on a lake, head out on a trail...

**YOU MATTER. YOUR WELLBEING MATTERS.**

#### Workshops will include

- Overview of PTSD, Readjustment and Moral Injury
- Post Traumatic Growth
- VA Whole Health
- Polyvagal Theory
- Art

#### Retreat Features:

- Kayaking
- Tai Chi or Yoga
- Rock Climbing
- Biking
- Facilitated "Rap" Sessions



Lodging, meals, and activities are provided at no cost to participants.



Space is limited.

TO APPLY: [www.camp-resilience.org/futureretreats](http://www.camp-resilience.org/futureretreats)

Questions: (978) 219-4003 or [info@camp-resilience.org](mailto:info@camp-resilience.org)