



# CAMP RESILIENCE

• 2023 RETREAT FOR MILITARY OR VETERAN COUPLES •

**SEPTEMBER  
14-17**

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

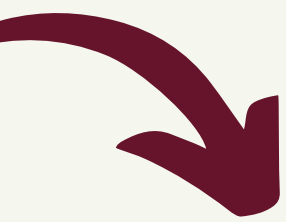
Camp Resilience, in partnership with the Homeland Heroes Foundation and Run for the Troops 5K offers this retreat led by two highly experienced couples therapists, both Veterans.

## Relationships Matter. Invest in Each Other.

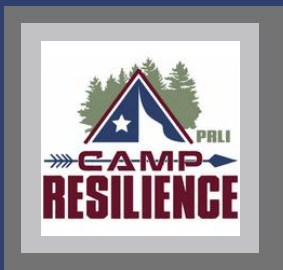
Challenge yourselves by taking part in both exciting and relaxing activities, such as: Sailing, Hiking, Aerial Treetop Adventure, Yoga, Tai Chi and/or Martial Arts  
Mindfulness and emotional self-regulation skills will be focused on throughout the retreat.

### Retreat Features:

- Self-assessment & Partner Engagement Methods.
- Opportunities to strengthen your relationship skills.
- Sharing sessions about successes & fixes.
- Methods to get out of the rut and warm your partners heart.
- Ways to introduce respectful humor and make things FUN!



**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  
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