



# CAMP RESILIENCE

## CAREGIVER RETREAT - 2023

**JULY**  
**26 - 28**

Join us for 3 days of rejuvenation and adventure in Gilford, NH!

Camp Resilience offers this retreat for Caregivers who support wounded or ill veterans and military members who have been wounded during their service.

- Have you been a caretaker for a disabled veteran and would benefit from much-needed respite from all you do?
- Have you and your family experienced stress from caring for your veteran and seek strategies for mitigating that stress?

### Workshops will focus on:

- Strategies to support yourself and the veteran you care for.
- Developing a community of fellow caregivers who you can lean on when you need to.

### AND Fun Activities, such as:

- Hiking
- Boating & Swimming at Rattlesnake Island
- Yoga
- And MORE!

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



Space is limited - For more information or to apply visit [www.camp-resilience.org/futureretreats](http://www.camp-resilience.org/futureretreats)

Please send questions to [info@camp-resilience.org](mailto:info@camp-resilience.org) or call 978 219 4003.