



CAMP RESILIENCE

FIRST RESPONDER ARMOR UP RETREAT

FEB 4 - 7,
2025

Join us for 4 days of rejuvenation and adventure in the breathtaking Lakes Region of New Hampshire

Camp Resilience, a proud partner of Forge VFR and Shift Counseling, offers an invigorating retreat for First Responders. Prioritize YOUR mental and physical health by joining us for four days of exciting outdoor activities, life skills workshops, and fireside chats with your peers.

Resiliency. Grit. Perseverance.

Learn how to practice self-care to avoid burnout and manage stress. We will challenge you through engagement in activities such as snowshoeing/hiking, skiing, rock climbing or archery. Activities are adapted to individual physical abilities. Camp Resilience promotes health and wellness through movement and physical activity using yoga/tai chi and mindful meditation.

Join us for a reflective and invigorating retreat experience.

You matter. Your mental & physical health matters.

Please arrange your own transportation to / from Gilmanton, New Hampshire.

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



Space is limited. To apply:
<https://camp-resilience.org/retreats/>
978 -219-4003

<https://camp-resilience.org>

