



CAMP RESILIENCE

FIRST RESPONDER PEER SUPPORT RETREAT - 2023

OCTOBER
11 - 13

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

Camp Resilience, a proud partner of Forge VFR and the Southern NH Critical Incident Stress Management (CISM) Debrief Team offers an exclusive First Responder Peer Support retreat for First Responders, Police, Fire and EMS providers.

You Matter. Your Health Matters.

Featured Workshops:

- Mental Health First Aid
- Officer Wellness
- Building a Peer Team
- Mock Debrief

Other Activities, such as:

- Hiking
- Kayaking
- Yoga
- Fireside Chats

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



Space is limited. To apply:
www.camp-resilience.org/futureretreats
Questions 978-219-4003
info@camp-resilience.org

