



CAMP RESILIENCE

• EQUINE ASSISTED LEARNING RETREATS - 2024 •

JULY 18-20

UpReach Therapeutic Equestrian Center
Goffstown, NH

Camp Resilience, in partnership with the UpReach Therapeutic Equestrian Center, invites Veterans to spend a meaningful three days engaging in equine-assisted learning activities. This program will be facilitated by a team skilled in working with veterans and the issues they face.

Horses Matter For Healing!

Working with and building relationships with horses fosters resiliency, leading to growth and well-being for both the humans and the horses.

This is not a horseback-riding program; it is an experiential program designed to bring about change for the humans and the horses through practicing:

- Communication
- Mindfulness
- Authenticity, and
- Relational skills

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



Space is limited - For more information or to apply visit

<https://camp-resilience.org/retreats/>

Please send questions to info@camp-resilience.org or call 978 219 4003.

