



CAMP RESILIENCE

• 2025 RETREAT FOR MILITARY OR VETERAN COUPLES •

June 5 - 8

Join us for 4 days of togetherness and adventure at the beautiful Ames Farm Inn in Gilford, NH!

Camp Resilience is pleased to offer this couples retreat for Military and Veteran Couples. It will be packed with helpful relationship focused workshops and plenty of indoor and outdoor FUN!

Relationships Matter. Invest in Each Other.

Challenge yourselves by taking part in both exciting and relaxing activities, such as:
Sailing, Hiking, Rock Climbing, 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 partner's heart.
- Ways to introduce respectful humor and make things FUN!



Lodging, meals, and activities are provided at no cost to participants. You must provide your own transportation to and from the retreat.

Space is limited. To apply:

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

Questions 978 -219-4003
info@camp-resilience.org

