



CAMP RESILIENCE

• 2024 WOMEN VETERANS RETREAT •

**OCTOBER
28-31**

Join us for 4 days of rejuvenation and adventure in Gilford, New Hampshire!

Do you want to grow your “village” and be part of a group of women veterans like yourself? Would you like to improve your overall “wellness” and learn some ways to help increase your connections to Self and others? Does learning more about how to better respond to difficult and/or challenging situations interest you? If so, this retreat is for you. This retreat is led and facilitated entirely by women and will include discussion and other experiential activities focused on enhancing awareness of emotions, coping, communication, and building a community of support. In addition, there will be lots of fun activities, both indoors and out, as well as time for personal reflection.

You Matter. Women Helping Women.

Retreat will feature:

- Resiliency
- Relationships
- Building Support
- Communication
- And MORE...

AND, other possible FUN activities, such as:

- Hiking
- Yoga
- Biking
- Rock Climbing
- And MORE!

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

*This workshop is optional