



CAMP RESILIENCE

• MILITARY & VETERAN FAMILY RETREAT - 2024 •

OCT 4-6

Join us for 3 days of family fun and adventure in Gilford, NH.

Camp Resilience proudly offers this retreat to military and veteran families; two-parent and single parent families and their children. Enjoy three days together, having fun and finding new ways to improve in your family relationships. This retreat will present healthy communication skills and family building techniques using the Family Wellness curriculum.

Family Resilience. It Matters.

Improve the way your family:

- Communicates
- Emotional Expression
- Works and Plays Together
- Expresses Affection & Affirmation

FUN activities may include:

- Hiking
- Swimming
- Mountain Coaster
- And More!

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.