



CAMP RESILIENCE

RESILIENCY AND WELLNESS RETREAT 2024

March 22-24 Join us for 3 days of Rejuvenation and Adventure in Gilmanton, NH

Camp Resilience, in partnership with William James College, is pleased to offer this Resiliency and Wellness retreat for Veterans. This rejuvenating retreat will include a mix of workshops, facilitated "Rap" sessions and plenty of indoor and outdoor FUN!

You Matter. Take Time to Take Care.

Expect to meet new people, participate in relevant workshops, eat good food, get outside on the trails and enjoy some fun!

Retreat will feature:

- Life Skills Workshops
- Daily Facilitated "Rap" Sessions
- Tai Chi or Yoga
- And MORE...

AND, other activities, such as:

- Snowshoeing
- Yoga
- Skiing
- Relaxing out by the fire pit

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

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WILLIAM JAMES
COLLEGE