



# CAMP RESILIENCE

• 2024 RETREAT FOR MILITARY OR VETERAN COUPLES •

**SEPTEMBER  
12-15**

Join us for 4 days of togetherness and adventure in the beautiful Lakes Region of New Hampshire

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, Aerial Treetop Adventure, 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.

Space is limited. To apply:

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

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

