FIRST QUARTER 2019

We have started the first quarter of our fifth year serving veterans strong and we plan to continue the momentum through the rest of the year. As always we are grateful for our volunteers, donors and partners. Thank you to our first quarter 2019 participants as well as all of our alumni. We are grateful for your service and hope that we can continue to serve you. We would also like to thank the Powers Family and the West Point Class of 1979. Bill Powers, class of ’79, passed away in late 2018. His family, friends, and classmates generously made donations in his memory. We are humbled by their generosity and can't thank them all enough.

2019 SPECIAL EVENTS

We have some exciting special events being planned for later this year! Keep an eye on our social media and our 2nd quarter newsletter for details!

May 9th & 10th Volunteer Orientations - Join us for light refreshments and to learn about volunteering with Camp Resilience. Attendance at the orientation is not a commitment to volunteer with us but you are welcome to complete the necessary paperwork after the orientation.

September 7th Benefit Motorcycle Ride - Join us in the Lakes Region for a motorcycle ride to benefit Camp Resilience. Follow us on Facebook at Camp Resilience for more information!

Remaining 2019 Retreats

- April 12-14: Equine Assisted Learning at UpReach Therapeutic Equestrian Center.
- May 3-5: Spouses/Caregivers Retreat
- May 14-17: VA Vet Center Retreat
- June 21-23: WWP Family Retreat
- June 24-27: VA Vet Center Retreat
- June 28- July 1: VA Vet Center Retreat
- July 6-9: WWP Family Retreat
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- July 26-29: VA Vet Center Retreat
- August 16-18: WWP Family Retreat
- August 23-25: Student Veteran Retreat
- September 9-12: VA Vet Center Retreat
- September 13-16: VA Vet Center Retreat
- September 26-29: Couples Retreat
- October 18-20: Equine Retreat
- Early Oct/Nov: MST Retreat
January Women’s Retreat
In January we had 12 Women join us for a Women’s only retreat. The retreat was led and facilitated completely by women and included workshops discussing such topics as wellness through lifestyle changes, social skills, building resilience and trauma recovery. The women also got to enjoy hiking, skiing and the Escape Hour House in Gilford.

February Employability Retreat
We held our first Employability Retreat this February. The workshops were facilitated by experts from the New Hampshire Department of Employment Security skilled in helping veterans find meaningful, rewarding employment as well as a financial advisor. After the workshops in the morning the veterans were able to enjoy rock climbing, a hike on the WOW trail and skiing/snowboarding.

March Peer-2-Peer Retreat
Our March Peer-2-Peer Retreat was led by members of the Clear Path for Veterans New England “Wingman” program who are trained to provide close, individualized support for other veterans who need guidance and assistance in getting on the track with their personal goals and objectives. The retreat included workshops that were designed to give the participants tools and resources to help them to establish independent and purpose-driven lives.

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“Camp Resilience’s most effective aspect is a safe and secure environment that allows you to relax, feel comfortable to let some walls down and opportunity to trust others.” – Peer-2-Peer Retreat Attendee