



CAMP RESILIENCE NEWSLETTER

THE PATRIOT RESILIENT LEADER INSTITUTE

SECOND QUARTER 2019

As always we are grateful for our volunteers, donors and partners. Thank you to our second 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 are also proud to partner with some great organizations including UpReach Therapeutic Equestrian Center, Wounded Warrior Project, District 1 VA Vet Centers and Extreme Government Solutions.

2019 SPECIAL EVENTS

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

September 21st 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!
November Special Event - Stayed tuned for more information as we get closer.

Remaining 2019 Retreats

- August 16-18: WWP Family Retreat
- August 23-25: Student Veteran Retreat
- September 9-12: Alumni Reunion Retreat
- September 26-29: Couples Retreat
- October 7-10 Military Sexual Trauma Retreat
- October 18-20: Equine Retreat

April Equine Retreat

The second quarter started off with a great retreat at UpReach Therapeutic Equestrian Center. Nine veterans joined us in Goffstown at the UpReach facility to spend the weekend building relationships with horses. The veterans were able to practice communication, leadership, authenticity and relational skills.



Above: Veterans groom and lead the horses during their time at UpReach

*I LEARNED NEW WAYS TO
INTERACT WITH PEOPLE
AND HORSES – EQUINE
RETREAT ATTENDEE*

GET INVOLVED

To **volunteer** go to our website (camp-resilience.org) and click on the Volunteer tab.

To **donate** simply go to our website (camp-resilience.org) and click on the donate tab, or you can mail a check to the Patriot Resilient Leader Institute at PO Box 7384, Gilford, NH 03247-7384. All donations are tax-deductible.

CONTACT US

FOR MORE INFORMATION

Visit our Website:
<http://camp-resilience.org>

Like us on Facebook:
<http://facebook.com/CampResilience>

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May Spouse and Caregiver Retreat

In May we welcomed Spouses and Caregivers for a weekend away. The group attended workshops on how to better work with veterans struggling with issues due to their military service, in some cases PTSD. The group enjoyed a hike and bonding at the Escape Hour House in Gilford.



Above: The spouses and caregivers after completing two Escape rooms on time at the Escape Hour House in Gilford.



Above: The group enjoyed hiking Lockes Hill in Gilford.

"THE IMMEDIATE BOND AND TRUST I FELT AROUND THESE WOMEN WHO ALL ARE WALKING IN MY SHOES. I WENT FROM FEELING VERY ALONE TO SURROUNDED BY STRENGTH." – SPOUSE & CAREGIVERS RETREAT ATTENDEE

June WWP Family Retreat

In cooperation with The Wounded Warrior Project's Project Odyssey we hosted 5 families for a weekend of learning and bonding together. The retreat was designed to help families improve the way they communicate, respect and support each other, work and play together, express affection and affirmation and build family resilience. The group also enjoyed hiking and various outdoor activities at Gunstock Mountain Resort.

"I LOVE THESE EVENTS. THEY ALLOW OUR FAMILY A SAFE PLACE FOR LEARNING AND LETTING GO OF THEIR FEELINGS" - FAMILY RETREAT ATTENDEE



Above: Three participants work through the Aerial Treetop Adventure at Gunstock



Above: The families enjoyed a hike on Lockes Hill.

Vet Center Retreats

We also partnered with the District 1 VA Vet Centers and Extreme Government Solutions to bring veterans from North Carolina to Maine for Outdoor Experience Retreats. The veterans enjoyed many outdoors activities including kayaking, hiking, sailing and rock climbing. The veterans also learned about yoga and about the mind-body connection.

"I'M OKAY DESPITE MY EXPERIENCES, THE BAD/NEGATIVE THINGS THAT I'VE EXPERIENCED DO NOT DEFINE ME OR WHO I AM." – OUTDOOR EXPERIENCE RETREAT ATTENDEE



Left: The group sailed on Lake Winnepesaukee with the Lake Winnepesaukee Sailing Association

Right: Attendees are seen kayaking on the Merrymeeting River

