



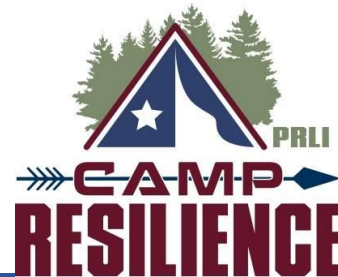
Retreat for First Responder Peer Support Team Members

Camp Resilience is very happy to partner with VFR Healthcare to offer a retreat for First Responder Peer Support Team Members. The retreat is designed to help you increase your knowledge of behavioral health and substance use related issues, to prioritize your physical & emotional health, and enable you to engage, support, foster self-care in those around you, and to increase your knowledge of treatment options and levels of care. It will include workshops on topics such as Behavioral Health Awareness, Staying Healthy while Caring for Others, Stress Management, Mindfulness, Meditation, and Yoga and Creative ways to Foster and Promote Team Health and Wellness.

In addition to the workshops, the retreat will also include exciting and challenging sports activities like rock climbing, yoga, skiing, snowshoeing, and/or hiking in the beautiful Lakes Region of New Hampshire.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH.

Applications should be submitted not later than March 18th, 2020. Priority will be given to past or current first responders acting in a peer support role and/or on a Critical Incident or Peer Support team, who have completed the 3 day ICISF approved “Assisting Individuals in Crisis & Group Crisis Intervention” class or an equivalent.



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| WHO: | First Responder Peer Support Team Members |
| WHEN: | Apr 1 st – 3 rd , 2020 |
| WHERE: | The Gunstock Inn 580 Cherry Valley Rd Gilford, NH |
| APPLY: | http://www.camp-resilience.org/apply |

For more information about Camp Resilience go to
www.camp-resilience.org or
www.facebook.com/CampResilience/

Send questions to
info@camp-resilience.org
 or call (978) 219-4003.