



# CAMP RESILIENCE

• ARMOR UP RETREAT FOR FIRST RESPONDERS •

FEBRUARY  
**16-18**

Join us for 3 days of rejuvenation and adventure!  
Gilford, NH

Camp Resilience is proud to partner with Forge VFR to offer an “Armor Up” retreat for First Responders. The retreat is designed to help you enhance your professional performance, prioritize your physical & emotional health, and enable you to engage, support, and foster self-care in those around you. It will include workshops on topics like physical & emotional wellness, stress management, behavioral health awareness, avoiding burnout, how to engage and support others who may be struggling, and putting self-care into practice.

While you reflect and grow, enjoy rejuvenating activities such as snowshoeing, skiing, indoor rock climbing and yoga in the scenic Lakes Region of New Hampshire. Activities can be adapted to individual physical abilities.

*Lodging, meals, and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH. COVID-19 vaccination or negative test will be required within 48 hours of the retreat. Applications should be submitted NLT February 9th, 2022.*



Space is limited - For more information or to apply visit  
[www.camp-resilience.org/futureretreats](http://www.camp-resilience.org/futureretreats)

Please send questions to [info@camp-resilience.org](mailto:info@camp-resilience.org) or call 978 219 4003.

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