



Camp Resilience

Consolidated Powerful Feedback

2014

- “I came with high expectations and they were exceeded. I never imagined how much fun I was going to have. The amenities were fantastic, the ropes/Segway, boat tour and cookout, along with the job search seminars are memories. I have already talked to my family and they are excited for me. The jobs seminar has been particularly fruitful. I am going away with 2 resumes that are professional, one is functional and one that is chronological. I also received good advice about getting my foot in the “back door” and preparing for the interview. The risk-taking element of the ropes course goes hand in hand with the risk taking involved in the work of getting a job. At the cookout, I was put into a position of interacting with folks I was newly introduced to. This went along with the ideas of networking and being willing to talk to others. One thing I learned is that the pressure to do things and make things happen is all about me and that I should be the one to take the risk.” May Pilot
- “I have been on 3 separate retreats this year and this was by far the most effective due to the important topics we discussed and participated in.” Oct Pilot
- “Every once in a while, throughout my life, I have an experience that lets me know that I matter and people still care about people like myself. This week reaffirms that for me. Keep up the great work!! Soldiers like me need people like you!” Oct Pilot



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2015

- “I’d take this week over the last 10 years of my f**king life” March CR
- “A very outstanding program with teamwork, camaraderie and structure! It’s been a huge stepping stone for me with other rehabilitative work I’ve done. I have even more tools now to help me with becoming the person, friend, father, and veteran that I really want to be. LIFE IS GOOD” Oct CR
- On how the retreat met needs: “Got me to come out of my shell, step out of my comfort zone, push myself, dig deep and begin to find the me that has been so lost” Oct CR
- “It was a perfect event: five stars the entire way from start to finish.” Oct CR

2016

- “Before I attended this camp, I felt isolated & unimportant. This camp has accomplished its mission! – Resilience. After I leave camp, I intend to continue to get better, now that I know I can.” Feb WR
- “I was very comfortable, did not feel unwanted or lonely the whole time I was here! Lifted my spirits and has put my mind at ease. It has been a LONG time since I felt this way. I have laughed more these 3 days than I can remember.” Feb WR
- “My self-confidence has increased immensely and my depression has been lifted! I haven’t felt this good in a long time. I feel alive again after feeling like a zombie for many years.” Feb WR
- “I now know more about myself. Before I came here, I felt unemployable. Now I feel there is a job out there for me.” Feb WR



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- “I recommend that every veteran who has depression or whatever attend at least one of these camps. As a female vet, I often feel I am the only female vet and quite awkward in society. It feels wonderful to hang and learn with people like me.” Feb WR
- “Camp Resilience is one of few organizations that are able to keep and mentor veterans in an environment that they actually feel safe in. Many of us are scared, anti-social, and/or have problems that are best controlled in environments such as the one Camp Resilience provides. The combination of Veteran and civilian facilitators gives them a special ability to reach out to us with great effect. It takes place like this to keep us on our paths and keep us moving because they’re the ones making sure we know we still have value in life and society. Thanks for giving us this opportunity!” May CR
- “The experience was a much needed break from the normal stressors in life. It allowed me to get away and focus on bettering myself.” May CR
- “I had a lot of fear and apprehension before coming to the retreat. I was able to overcome that fear by being able to trust myself and to allow others to get close to me by trusting and having confidence in myself to move forward so I can change. I don’t want to be a victim – I refuse to!! If I take the steps to improve myself and go forward, I don’t have to be alienated from society any more. Thank you for that.” Sept MST
- “I came here unsure of what would take place. I was depressed, sad, lonely but now I feel great and I have a group of friends. My anxiety is less and the skills, learning to say NO”
Sept MST



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2017

- “Never have I encountered a place where I have felt so respected and well treated that was related to my veteran life. I am so relaxed and I feel that I can now go home and live and unravel parts of my life that have interwoven itself up into balls and tangles – before I came here.” Sept MST
- “Camp Resilience has given me many tools to take home & use in everyday life! I can never thank the staff & volunteers for all that they do for us veterans & for “putting up” with all our ups & downs. I am forever changed for the better because of C.R. & PRLI.” Sept MST
- “Amazing self-help program that challenges yet respects the inner wounds of veterans. The growth that takes place with just a few days is only going to benefit me to focus on my needs first.” Sept MST
- “From the venue to the volunteers to the staff, all was excellent and gave me a sense of value, that I mattered and life is worthwhile.” Sept MST
- “I feel that being a part of the program activities was a large help for my self-confidence! I was exactly where I NEEDED to be!” Sept MST
- “I hope there are more sessions like this as it helped a lot in very unexpected ways, and I really have appreciated the staff.” Sept MST
- “All vets should have this experience, and probably more than once” Jan CR
- “This experience was so refreshing for me; ‘safe.’ I would absolutely like to be a part of this camp again. As a veteran with domestic violence and sexual assault, I didn’t feel



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worthy of such a gift, then when I got here that feeling went away – ‘we’ ‘vets’ were met with open arms without judgement.” Feb CR

- “I felt more comfortable sharing at Camp Resilience than at other events. For the first time in a long time, I have felt at peace this week.” March WR
- “Awesome retreat. I don’t feel as alone as I did previously. I feel that it is so important to share the good and bad experiences with other women. I am less ashamed as to what happened to me” Mar WR
- “This program will completely change my life in all positive ways” June Couples
- “Camp Resilience – most effective aspect? The support, guidance, activities and general feeling of friendships, support in everything we did. Just made us feel good again!!” July Caregivers
- “Best experience I’ve had in a long-time. I wish there were more caregiver based groups/met-ups/retreats in NH. I plan to go back to me VA and give feedback and see if I can get any movement for caregivers. Gunstock was SO MUCH FUN. Kayaking was so relaxing. I loved water aerobics/yoga. The board members and volunteers are so amazing, thank you all.” July Caregiver
- “I wish more people knew about this camp and/or more people wanted to participate. It is truly life changing. As caregivers, I’ve noticed we feel alone, unsupported and this program reminds and encourages you to take time for yourself. To know we’re not alone, and just knowing that brings comfort.” July Caregiver
- “This was the first time in three years I’ve felt relaxed without the use of prescription drugs.” Jan CR



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- “I’ve been trying for a long time to work on myself. Coming here let me do that. I was able to focus on me. Thank you.” May CR
- “Everything we do here is important. I’ve been here before and it’s all good. We have to open up here and walls come down. I feel at home here, I’m relaxed.” Sept MST
- “I grew personally from being here. No matter who I spoke with, Camp Resilience staff, volunteers, Gunstock Inn staff or my classmates, I felt like I MATTERED.” Sept MST
- “What I liked was that I wasn’t made to feel like I was doing something wrong. During the yoga session, we faced a mirror to do one exercise and I looked at myself and for the first time in a long time, I liked what I saw.” Sept MST
- “Irreplaceable. The meditation techniques were amazing. I haven’t felt this relaxed in 3 years. All information was amazing” Jan CR
- “I will reflect on the good, the positive aspects, of all the interactive activities and the light shining through the depression.” Nov PTSD/Moral injury
- “I can sometimes close off and conceal my feelings – from the moment I arrived I felt at home, and almost eager to express what has been troubling me.” Nov PTSD/Moral injury
- “The feelings I have about participating and communicating with my ‘brothers and sisters’ in arms is profound. Thanks and gratification. Communicating my highly person and painful memories has been received with compassion, understanding and support in a non-judgmental and ‘safe’ environment.” Nov PTSD/Moral Injury
- “I have been to numerous team building workshops in my life – this retreat was one of the best – I found the curriculum to be very impactful, and, if practiced daily, life changing.” Nov PTSD/Moral Injury



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- “I came to Camp Resilience apprehensive about how I would be perceived or if I would be a valued participant – I can tell you that I feel very encouraged and empowered to pursue a different course in my life, one that fosters meaning and purpose.” Nov PTSD
- “It brought me out of extended isolation and depression.” Nov PTSD/Moral Injury
- “Camp Resilience retreat is life changing. This is my 2nd time. I believe that it can only get better and better. Overall, everything that was shared, team building was a great experience.” Nov PTSD/ Moral Injury
- “Camp Resilience was an awesome experience. The beautiful terrain and lakes provided a backdrop for the wonderful activities and workshops. I encourage every veteran looking to enhance their post-military life to attend.” Nov PTSD/Moral Injury
- “The journey from intense combat, back to the world has been arduous during the past 48 years. My experience at Camp Resilience has been the highlight of those many years. The kindness, generosity and thoughtfulness of the staff, volunteers, business partners and counselors is something I will always remember and appreciate (and promote) with gratitude.” Nov PTSD/Moral Injury

2018

- “When I came to the retreat, I was very anxious and had very little self-confidence and now that I was here for the week, I left with a lot of self-confidence and left with no anxiety.” – Feb Women’s