



# CAMP RESILIENCE

• 2023 RETREAT FOR MILITARY OR VETERAN COUPLES •

FEBRUARY  
10-13

Join us for 4 days of togetherness and adventure in the beautiful Lakes Region of New Hampshire

Camp Resilience is pleased to offer this couples retreat for Military and Veteran Couples. It will be packed with helpful relationship focused workshops and plenty of indoor and outdoor FUN!

## Relationships Matter. Invest in Each Other.

Workshops will include 6 Life Skills Workshops:

- Communication Danger Signs
- Financial Health
- Speaker – Listener Technique
- Events, Issues and Hidden Issues
- Problem Solving
- Fun, Friendship and "Ground Rules"

AND, other activities, such as:

- Snowshoeing
- Yoga
- Intro to Scuba Diving (in a local Pool)
- Martial Arts
- Indoor Rock Climbing



Lodging, meals, and activities are provided at no cost to participants.



Space is limited. To apply:  
[www.camp-resilience.org/futureretreats](http://www.camp-resilience.org/futureretreats)

Questions 978 -219-4003

[info@camp-resilience.org](mailto:info@camp-resilience.org)