



Camp Resilience

• RETREAT FOR STUDENT VETERANS •

**January
6-8, 2023**

Join other veterans returning to school to learn helpful tips to succeed in your studies and enjoy outdoor sports activities in the beautiful Lakes Region of NH.

Camp Resilience is pleased to partner with the University of New Hampshire's Office of Military Veteran Services to offer a retreat designed to help veterans studying at a 2 or 4-year college. It will include workshops covering such topics as understanding how issues from military service can affect your studies, making the transition to college life, communication skills and developing good study habits. There will also be discussions on the adjustment to college post deployment and how veterans with PTSD, depression and other service related issues can succeed in their academic endeavors.

In addition to the workshops, the retreat will also include exciting and challenging sports activities like downhill skiing at Gunstock Mountain Resort, snowshoeing and yoga.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH. Proof of COVID vaccination or a negative COVID test result within 48 hours of the start of the retreat will be required.

Space is limited - For more information or to apply visit
www.camp-resilience.org/futureretreats

Please send questions to info@camp-resilience.org or call 978 219 4003.



www.camp-resilience.org
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**University of
New Hampshire**

www.unh.edu/veterans/