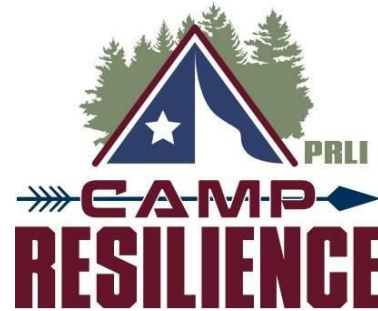


Retreat for Military/Veteran Couples

Are you active military or a veteran looking to improve the relationship with your spouse or significant other? If so, this Camp Resilience retreat may be just right for you. The retreat will include workshops that focus on communication, teamwork, and other relationship skills, resolving conflicts, restoring balance, and increasing the resilience in the couples attending. Emphasis throughout the retreat will be placed on reducing the effects of PTSD, TBI, and other injuries on the couple's relationship functioning.

In addition to workshops, the retreat will also include exciting and challenging sports activities like snowshoeing, rock climbing at an indoor climbing wall, downhill skiing, yoga and water aerobics.

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 Jan 7th, 2020.



WHO:	Military or Veteran Couples
WHEN:	Jan 21 st - 24 th , 2020
WHERE:	The Gunstock Inn 580 Cherry Valley Rd Gilford, NH
APPLY:	http://camp-resilience.org/apply/

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

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