

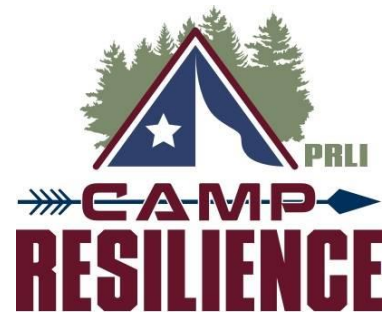


Retreat for Spouses/Caregivers of Veterans

Have you ever felt that you or children have post-traumatic stress from your significant other, who is a proud and patriotic veteran with PTSD? Have you been a caretaker for a veteran with PTSD and would it be helpful to get a much-needed respite from all you do? If so, this Camp Resilience retreat for spouses, significant others and caregivers may be just right for you.

In addition to workshops on how to better deal with veterans struggling with issues due to their military service, the retreat will also include sports activities like hiking, kayaking, climbing at an indoor climbing wall, 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.



WHO:	Spouses & Caretakers of Veterans
WHEN:	May 3 rd – 5 th , 2019
WHERE:	The Gunstock Inn 580 Cherry Valley Rd Gilford, NH
APPLY:	http://www.camp-resilience.org/apply

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

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