



CAMP RESILIENCE

• NEW HAMPSHIRE BASED RETREAT FOR POLICE CHIEFS •

APRIL
6 - 8

Join us for 3 days of rejuvenation and adventure in Goffstown, New Hampshire

Camp Resilience, a proud partner of UpReach Equestrian Center, Forge VFR, and the Southern New Hampshire Critical Incident Stress Management peer-to-peer team offers an exclusive Equine Assisted Therapeutic retreat for Police Chiefs.

Retreats are designed to enhance your professional performance by prioritizing your mental and physical health. Join us...and engage in exciting outdoor sports/recreation activities, life skills workshops and fireside chats with your peers.

You Matter. Your Health Matters.

Learn how to practice self care to avoid burnout and manage your stress. Retreats support Police Chiefs by engaging in Equine Assisted Therapies, mindful meditation, and breathing techniques to manage and reduce stress. Activities will be adapted to individual physical abilities.

Consider joining us for a fun, and reflective retreat. Equine Assisted activities will consist of groundwork only.

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



Space is limited. To apply:
www.camp-resilience.org/futureretreats

Questions? 978-308-9582
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