



CAMP RESILIENCE

RESILIENCY AND WELLNESS RETREAT 2023

March 8-10 Join us for 3 days of Rejuvenation and Adventure in Gilmanton, NH

Camp Resilience is pleased to offer this Resiliency and Wellness retreat for Veterans. This rejuvenating retreat will include a mix of workshops, facilitated "Rap" sessions and plenty of indoor and outdoor FUN!

You Matter. Take Time to Take Care.

Expect to meet new people, participate in relevant workshops, eat good food, get outside on the trails and enjoy some fun!

Workshops and Events:

- Red Cross Resiliency Workshops:
 - Defusing Anger & Stress Solutions
 - Effective Communication & Emotional Grit
- Facilitated "Rap" Sessions
- And MORE...

AND, other activities, such as:

- Snowshoeing
- Yoga
- Skiing
- Relaxing out by the fire pit

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

Space is limited. To apply:

www.camp-resilience.org/futureretreats

Questions 978 -219-4003

info@camp-resilience.org

