



PRLI
CAMP
RESILIENCE



The Patriot Resilient Leader Institute (PRLI) will be running a special Camp Resilience session for couples from Monday June 5th through Thursday June 8th, 2017. The veterans and their spouses or partners will spend 4 days and 3 nights in the beautiful Lakes Region of New Hampshire. The sports activities will include sailing on Lake Winnepesaukee, hiking, yoga, water aerobics and the Aerial Treetop Adventures at Gunstock Mountain. Other activities will focus on communication, teamwork, and other relationship skills, caregiver survival 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 functioning of the couple's relationship.

The PRLI covers all costs to include the participants' lodging, meals and activities but participants must arrange their own transportation to/from Gilford, NH. For more information about Camp Resilience and to apply for this session on-line, go to www.prli.us. Send questions to info@prli.us or call (603) 520-3989.