

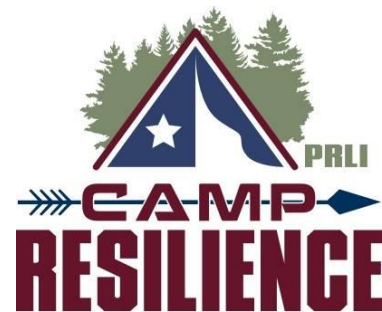


Retreat for Veterans with MST

Would you like to learn techniques to help you better deal with the symptoms of Military Sexual Trauma (MST)? If so, this Camp Resilience retreat would be just right for you as it is designed to help veterans with MST build resilience by learning to understand and strengthen interpersonal boundaries and relationships. Activities will include art therapy, movement therapy, outdoor/indoor challenge learning and group discussions.

In addition to workshops on how to better deal with MST, the retreat will also include sports activities like sailing, kayaking, hiking, the Aerial Treetop Adventures course at Gunstock Mountain resort, 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:	Veterans with MST
WHEN:	Sep 11th - 14th, 2017
WHERE:	The Gunstock Inn 580 Cherry Valley Rd Gilford, NH
APPLY:	http://prli.us/apply/

For more information about
Camp Resilience go to
<http://prli.us> or
www.facebook.com/CampResilience

Send questions to info@prli.us
or call (978) 219-4003.