



Military Sexual Trauma and PTSD Retreat



April is sexual assault awareness month, and Project New Hope invites Veterans who have experienced military sexual trauma, in any form, to a weekend retreat for peace and relaxation, healing therapy, and to enjoy the outdoors with fellow Veterans.

This retreat for individual Veterans and/or Couples includes:

- Activities including kayaking, hiking, biking, campfires, and quiet reflection
- Reflexology, acupuncture, and reiki
- Music Therapy with Resounding Joy
- Art Therapy with Warrior Art Room
- Veterans Benefits Administration MST claims expert will be on site all weekend to provide educational workshops and to work one-on-one with Veterans

Workshops will be provided by Lindsay M. Amherst, Veterans Service Representative, Military Sexual Trauma Coordinator, Woman Veterans Coordinator, Providence VA Regional Office (304) USMC Veteran.

A **\$50 fee** will be required at registration, and **will be fully refunded** at the completion of the retreat. Our retreats are 100% drug and alcohol free. All lodging, meals and activities are provided to Veterans **free of charge**. Transportation to or from retreat not included.



Project New Hope INC.
Where Veterans Rebuild With Honor



April 19-21, 2019



Grotonwood Conference Center
167 Prescott Street
Groton, MA 01450



Presenter:
Lindsay M. Amherst,
Veterans Service
Representative Military Sexual
Trauma Coordinator



REGISTER FOR THIS RETREAT TODAY
www.ProjectNewHopeMA.org/Retreats