



Soul Injury Veterans Retreat

Soul Injury is Defined as:

1. An overlooked, unassessed wound that separates us from our own sense of self.
2. An aching wound perpetuated by unmourned loss, unforgiven guilt/shame, and diminished self-compassion that is often manifested as a sense of emptiness, loss of meaning, or a sense that a part of self is missing or in exile.
3. A long-lasting response to a person or situation that causes one to feel personally defective, inadequate, or unworthy.

Three powerful workshops will embolden us to connect with our own Soul Injury: **Re-Own**, **Re-Home**, and then **Re-Vitalize** those scattered, once disowned pieces of ourselves.

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



October 18-20, 2019



Grotonwood Conference Center
167 Prescott Street
Groton, MA 01450



Presenter:
Louise Sutherland
United States Army



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