



PTSD Veterans Retreat

This retreat is for individual Veterans and/or Couples

Escape the darkness of PTSD and other life struggles with clear goals and a solid plan. This Ladder UPP retreat will help you figure out where you are going and how to use your traumas and trials as fuel to live.

You will learn tools for recovery, PTSD and depression, or just a difficult trial or transition in life. Join us on this retreat and take a step toward living free. "The Ladder UPP" is a data-driven program and has been proven effective and might just be the step up you need.

The creator of "The Ladder UPP", Silouan Green, survived a tragic jet crash as a US Marine only to face the demons of PTSD and a whole host of other medical conditions. Shattered and hopeless, staring into the abyss, he was given a choice, continue down the same devastating path, or live free. He chose to live free.

Learn more about Silouan and "The Ladder UPP" at www.silouan.com.

A **\$50 fee/person, \$100/couple** 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



August 23 - 28, 2020



Oceanwood Conference Center
17 Royal Street
Ocean Park, ME 04063



Presenter:
Silouan Green creator of
"The Ladder UPP" program



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