



Couples Retreat for Veterans and Active Military Couples

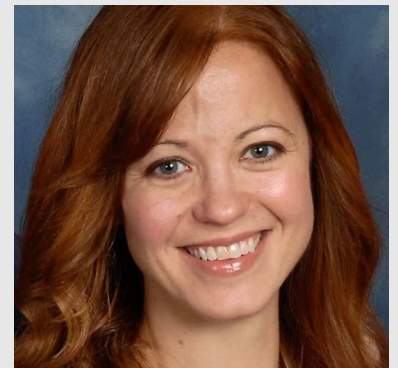
Workshops will focus on deepening connection in both challenging and happy times through improved communication skills, greater empathy and understanding, and harnessing differences to transform the way couples approach conflict. Sessions will include skills for: **Strengthening the Relationship, Effective Communication & Conflict Transformation**

These sessions will be taught by Jennifer Baublitz, MA/CAGS, of the Brookfield Institute. Jennifer Baublitz is a military spouse of more than 18 years, and Executive Director of the Brookfield Institute in Ware Massachusetts, an organization dedicated to building resilience in service members, veterans, and their families to combat the causes and impact of veteran suicide. She is also an adjunct professor at Assumption University where she received her Master of Arts Degree in School Counseling as well as her Continued Advanced Graduate Degree in Resilience for the Helping Professional, and currently teaches courses in Positive Psychology, School Counseling, and Building Resilience for Service Members, Veterans, and their Families. Early in her career, Jennifer served as a classroom teacher and behavior interventionist, however, it was her experience as a military spouse coupled with her background in mental health and family supports, that served as the catalyst for her shift from public education towards working with non-profit organizations serving military and veteran families. In her various roles in education and the non-profit sector, Jennifer has delivered programming in a variety of settings around building resilience for individuals, families, and communities.

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



July 18 - 23, 2021



Oceanwood Conference Center
17 Royal Street
Ocean Park, ME 04063



Presenter:
Jennifer Baublitz
Brookfield Institute



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