



Caregivers Retreat

A caregiver can be the spouses, parents, family members and friends who care for America's wounded, ill or injured Veterans. An interactive and immersive layered session that explores creative approaches to self-care strategies, resiliency awareness, and supportive resources to develop and implement ways to overcome adversity.

The Workshops will provide Military and Veteran caregivers the tools and support they need to explore helpful strategies to develop, implement, and maintain self-care to gain balance of mind, body, and soul.

- Engage in meaningful dialog that fosters collaboration and teamwork to help each other excel in caregiver skills and techniques.
- Learn about supportive resources (respite care programs) to increase caregiver opportunities.
- Gain a better understanding of self-care, resiliency, and overcoming adversity, which is important to building a positive legacy.
- Participate in workshop exercises to increase self-awareness.

Jennifer Foxworthy was born and raised in York, Pennsylvania. Jennifer Foxworthy graduated high school in 1991, and then embarked on a journey that would lead her into an illustrious career serving in the United States Navy. Jennifer served her country proudly for 21 years (September 23, 1991, to April 30, 2013) retiring as a Chief Petty Officer.

A **\$50 fee/per person, \$100/couple** will be required at time of registration and **will be refunded a week after completion of the retreat**. If you cancel 2 weeks or less leading up to retreat, are a no-show or leave before the completion of **Retreat your Deposit will not be refunded**. Our retreats are 100% drug and alcohol free.

Lodging, meals, and activities are provided at no cost, but participants must arrange their own transportation to and from Oceanwood Conference Center. Check-in 3:00 PM.

Please send questions to Sue at smwilder@projectnewhopema.org or call 508-762-9738



Project New Hope INC.
Where Veterans Rebuild With Honor



August 21 - 26, 2022



**Oceanwood Conference Center
17 Royal Street
Ocean Park, ME 04063**



**Presenter:
Jennifer Foxworthy
United States Navy**



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www.ProjectNewHopeMA.org/Retreats