



LGBTQ Retreat for Veterans and Active Military

Author, speaker, coach and trainer, Dee Woolridge served over 30 years in the US. Navy where she assisted countless service members, communities, families, and civic organizations. Dee is the founder of The Heart Centered Institute a personal and professional development and training company that focuses on effective communication, positive mindset, and resilience.

Join PNH for a weekend retreat that will teach you how to:

- Better managing stress
- Build resiliency
- Cope with and respond to stressful situations and triggers
- Social rejection, verbal, and physical bullying.
- Suicidal idealization and self-harm
- LGBTQ in the military

Then challenge yourself by taking part in exciting and relaxing activities like indoor rock climbing, hiking, yoga, reflexology, massage, reiki, IET, Mindfulness.

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**. 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 Grotonwood in Groton, Mass. 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



April 15 - 17, 2022



Grotonwood Conference Center
167 Prescott Street
Groton, MA 01450



Presenter:
Dee Woolridge
United States Navy



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www.ProjectNewHopeMA.org/Retreats