



Post Traumatic Stress Veterans Retreat

This retreat is for individual Veterans and/or Couples

Escape the darkness of PTS and other life struggles with a clear goal 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, PTS, and depression, or just a difficult trial or transition in life. Join us on this weeklong retreat in beautiful Maine and take a step towards living free. "The Ladder UPP" is a data-driven program and has been proven effective and might just be the step up you need. Thankfully, he found his "reason to live" and the journey has continued. Wherever you are at, welcome to this retreat.

Then challenge yourself by taking part in exciting and relaxing activities on the 133 acres of property, walk down to the beach (just 3 blocks away) and enjoy the sunrise. Head out to the observation deck and watch the birds and other wildlife. Sit around a campfire and roast marshmallows and enjoy each other's company. Wellness activities like hiking, yoga, reflexology, massage, reiki, IET, Mindfulness to name a few.

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

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



June 19 – 24, 2022



**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