

Thrive

with Project New Hope



Do Good, Feel Good

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heart
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Do Good, Feel Good by Jennifer Cesaitis

Project New Hope continues to need volunteers to meet our mission! If you doubt how crucial your help is, just read some of the Thank You's from our Jeepers Christmas initiative this past year. Each gift provided to a Veteran and Military family was donated by our generous sponsors. The program is made possible by our caring volunteers. We can't do this without you!

In these winter months, doing things outside the home is challenging, but the need is even greater for our Veterans. And volunteering can help you, too! It's been proven to help boost your self-esteem. Helping others makes us feel great! This, in turn, combats depression and social isolation during these cold, dreary days, reduces anxiety and stress. Plus, it's just better for your health!

Please come and give a hand at Sully's Veterans Food Pantry just once. We know you'll be back to help out again! Provide Veterans with healthy food and relieve hunger or food insecurities.



Volunteer jobs with Project New Hope include:

- Moving and unloading food boxes
- Setting up tables for Veteran food pickup
- Assisting Veterans

At the end of the curbside pickup, volunteers begin to fill food orders for the next group of Veterans, break down tables and remove the compost, trash, and recycling.

We are looking for great humans like yourself at our Worcester and Westfield locations.

Westfield Volunteer shifts are:

Monday, Tuesday, and Thursday, 9:00AM to 1:00PM

Friday, 9:00 am - Noon

Worcester Volunteer shifts are:

Monday, Tuesday, Wednesday, Thursday, and Friday, 9:00AM to 1:00PM, filling food pantry orders.

First and Third Saturday of each month at Sully's Veterans Food Pantry Distribution Day from 8:00AM to 12:00PM.

Do you have other skills that you would like to share with us? Let us know how you can help. We are also looking for volunteers with professional skills in grant writing, marketing, legal, etc.

If you would like to volunteer, please reach out by clicking below.

<https://www.projectnewhopema.org/who-we-are/volunteer/>



Thank you to our volunteers who made this season possible!

THANK YOU
FOR the
FOOTBALL
Love-Trevor



Operation Jeeps and Sponsors,
We are beyond grateful and thankful for your generosity during the holiday season. We are humbled with the beautiful gifts for our children and truly cannot wait to take them to the Children's Museum in Boston. We know they will love it! We are thankful for your recognition of our service (both Army veterans) and appreciate all that you do for the military community.
Thank you again,
The Cairns Family (#56)

Thank you for the
doll and her clothes. I
can play all of the
songs in the piano book!
I also love the coloring
set!
Love, Grace!

Hi there!

I just had to reach out and thank you so much for coordinating such an amazing event for military families! Our family was beyond blessed by whom ever sponsored us! Is there a way I can get them a thank you, a video from my kids or even our family

Christmas card?

Thank you so much
Justine Carpenter

I just wanted to send our thanks and gratitude for the person/family that sponsored our children. The gifts couldn't be more perfect. It's like they knew them personally. Everything fit perfectly and my oldest son is absolutely obsessed with his new brown shoes and his comfy green coat. The chess game has been a huge hit as well with our youngest son.

We are so grateful for this program and the people that support it.

Thank you so much for making this Christmas so special for our family. Your kindness and generosity made such a difference in our holiday spirit. We waited to open them Christmas morning and I'm so glad we did. The excitement and gratitude beamed off our children's faces. We were able to facetime my husband for this part and it meant so much to us. Every gift was so personal and special for each of the children. Thank you from the bottom of our hearts! Justine Carpenter



Project New Hope INC.

Where Veterans Rebuild with Honor

2023 Retreat Series



2023 RETREATS

War Time Women Veteran's Retreat

Equine Retreat

Phoenix Tales Storytelling Retreat for Veterans

Veteran's PTS Retreat

Veteran's Family Retreat

Wellness Practitioners Needed!

Project New Hope was founded on providing wellness retreats for Veterans. The response is overwhelming and our Veterans Family Retreat is already full and utilizing wait lists!

We need volunteers to provide the wellness services at each of our events. If you are or know someone who can provide the services, please contact Susan Wilder at smwilder@projectnewhopema.org or (508) 762-9738 to be a part of our next great retreat!

We provide rooms, food, and a stipend.

Yoga

Massage

Reiki

Tai-Chi

Reflexology

Accupuncture

War Time Women Veteran's Retreat

March 24-26, 2023

Genesis Spiritual Life & Conference Center 53 Mill Street, Westfield, MA 01085

IF YOU ARE A FEMALE US MILITARY VETERAN WHO DEPLOYED TO A COMBAT THEATER, THIS RETREAT IS FOR YOU.

CONNECT WITH OTHER FEMALE COMBAT VETERANS.

DISCUSS UNIQUE ISSUES AND CHALLENGES.

WORKSHOPS ARE PROVIDED BY AMERICAN RED CROSS OF MA.

HOLISTIC WELLNESS PROVIDERS ARE ON SITE .

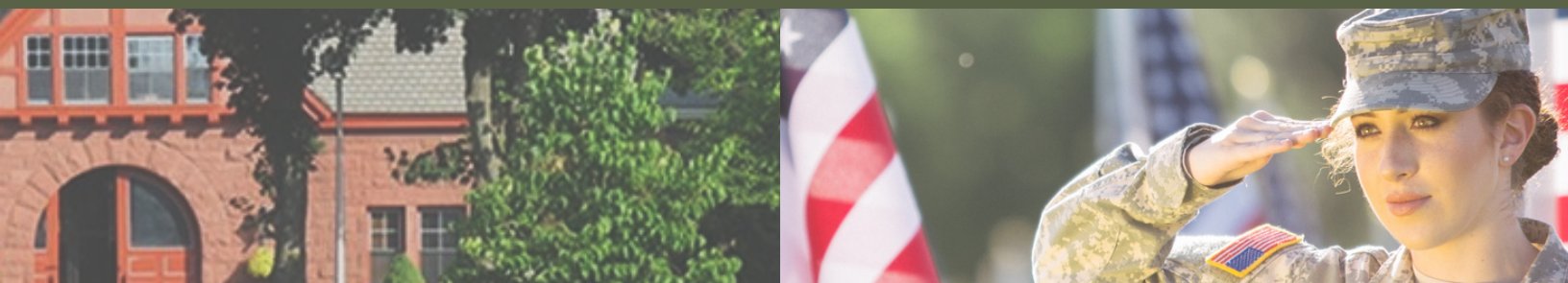
EXPERIENCE PERSONAL TIME FOR GROWTH, REFLECTION, AND SELF DISCOVERY.

Lodging, meals, and activities are provided at no cost to participants.
A registration fee of \$50 will be refunded one week after the completion of the retreat.
Transportation is NOT provided. You must arrange for your own transportation.

Proof of deployment to a combat theater is required. Please provide a DD214.

Please contact Susan Wilder for questions regarding this retreat.
smwilder@projectnewhopema.org (508) 762-9738

Space is limited! Apply now at Project New Hope!
www.projectnewhopema.org/home/retreats/



Phoenix Tales Storytelling Retreat for Veterans

April 14-16, 2023

Grotonwood Camp & Conference Center 167 Prescott Street, Groton, MA 01450

JOIN US TO DISCOVER THE POWER OF STORYTELLING!

**LEARN TO CRAFT YOUR STORY AND SHARE YOUR PAST
EXPERIENCES.**

**TRANSFORM YOURSELF AND OTHERS BY CONNECTING OVER
SIGNIFICANT LIFE EVENTS.**

HEAL AND GROW AT BEAUTIFUL GROTONWOOD.



Veteran's Family Retreat

June 25-30, 2023

Oceanwood Camp & Conference Center 17 Royal Street, Ocean Park, ME 04063



**IMPROVE YOUR FAMILY'S QUALITY
TIME TOGETHER.**

**COMMUNICATE AND UNDERSTAND
EACH OTHER.**

BUILD FAMILY RESILIENCE.

CONNECT WITH KIDS.



2023 RETREATS

Space is limited! Apply now at Project New Hope!
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Veteran's PTS Retreat

August 20-25, 2023

Camp Wightman

207 Coal Pit Hill Rd

Griswold, CT 06351

**ESCAPE THE DARKNESS OF PTS, DEPRESSION,
AND OTHER LIFE STRUGGLES**

USE YOUR EXPERIENCE AS FUEL TO LIVE.

**LEARN FROM SILOUAN GREEN, CREATOR OF
"THE LADDER UPP" PROGRAM.**

**FIND SOLACE AND STRENGTH IN THE SCENERY AND
ACTIVITIES AT CAMP WIGHTMAN.**



Veteran's Equine Retreat

September 29 - October 1, 2023

Camp Aldersgate & Retreat Center 1043 Snake Hill Road, North Scituate, RI 02857



**VETERANS DEALING WITH THE CHALLENGES OF PTS,
SUBSTANCE USE DISORDERS, MENTAL HEALTH ISSUES,
OR EMOTIONAL DISTRESS?**

**THE VETERAN'S EQUINE RETREAT
IS FOR YOU!**

**CONNECTING WITH HORSES HELPS YOU CONNECT WITH
YOURSELF SO YOU CAN INCREASE SELF-ESTEEM,
DEVELOP
SELF-AWARENESS, FOCUS ON WELL-BEING, AND ENJOY
THESE
INCREDIBLE CREATURES!**



2023 RETREATS

Space is limited! Apply now at Project New Hope!
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We heart our



Tammy and Jeff have been a part of the Project New Hope family for over 10 years. Tammy served as a retreat volunteer in Project New Hope's first year, became Treasurer from 2011 to 2014 and then served as an Advisory Board member from 2014 to 2018. Jeff and Tammy both currently serve on the Board of Directors and volunteer at the Worcester Sully's Food Pantry!

Who Can Volunteer?

We are always looking for kind and caring people who want to make a difference in the world. You will be joining an enthusiastic and friendly community devoted to the highest professional standards of care. There is something for everyone who volunteers at Project New Hope!

Apply [HERE](#) - it's easy with our online application.



VOLUNTEER!



Food Clothes Shoes
Diapers Wipes Formula
and much more!
Bring Veteran ID &
Immediate Dependent
Information

February Saturdays

Open 9:00 am – Noon

February 4th

February 18



Worcester, MA

70 James St., #129A
Worcester, MA 01603

Office Hours:

Mon – Thurs 9:00am – 1:00pm
Friday 9:00am – 2:00pm

Sully's Baby Pantry
Open Monday – Friday
9:30am – 11:30am

(774) 243-7859

Email Diane Soave:
dsoave@projectnewhopema.org

Sully's Food Pantry
Open 1st & 3rd Saturdays
9:00am – Noon

What to Bring (one of the following): Driver's License noting Veteran, VA healthcare card,
CAC Card, DD214 DOD Military/ Dependent ID



A variety of canned goods,
meat, dairy products, and
children's clothes are
available for Veterans and
their Families!

Open Weekly!

Monday, Tuesday, Thursday 9:00am–2:00 pm

Friday 9:00 am – Noon



Westfield, MA

Hampton Ponds Plaza
1029 North Road, Suite 9
Westfield, MA 01085

(413) 485-7988
Email Jordan Gaj
jgaj@projectnewhopema.org

Call or Email today to set up your next appointment!



Sully's 2022 Year in Review

Project New Hope's Sully's Food and Baby Pantries worked tirelessly this past year serving local Veterans and their Families.

Families served: **3,983** Individuals served: **8,822**

Food distributed: **108,447 pounds**

Meat distributed: **21,115 pounds**

We heart coffee!

Veterans

Coffee Socials



Have a coffee, share a story, connect with other Veterans.

Tuesdays
9:00 am - 10:15 am

70 James St., #129A
Worcester, MA 01603

All branches,
all eras
welcome!

Need Assistance with a VA claim?

Will Valliere, VSO with
Vietnam Veterans of
America is at
Project New Hope to help!



Saturday, February 11 & 25
9:00am - 1:00pm

70 James St., #129A
Worcester, MA 01603