

Resolving Trauma: A Men's Veteran Healing Retreat

The Cortina Method (TCM)

November 2-6, 2023

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

The Cortina Method (TCM) is delivered
by Michael Cortina, Trauma and PTS
resolution expert, and his team.

Based on neuroscience, TCM is brain-based
healing to resolve trauma
without going through the pain of reliving it.

Enjoy equine therapy and
holistic wellness sessions such as
yoga, reiki, and reflexology.

Replace pain with joy, gratitude,
relief, and excitement.



Space is limited to ten (10) Veterans.

Apply now at www.projectnewhopema.org/home/retreats/.



Project New Hope INC.

Where Veterans Rebuild with Honor

2023 Retreat Series

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.
You must arrange for your own transportation.

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