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Resolving Trauma Retreats are here!

by Jennifer Cesaitis

Project New Hope (PNH) was founded to bring healing retreats to Veterans to help rebuild their lives. During tight Covid restrictions, we expanded our mission to include Sully's Pantry in Worcester and Westfield and our Connecting the Dots program to aid individuals and families facing difficult hardships. This year we've expanded our retreats in an even more meaningful way. Project New Hope presents Resolving Trauma: A Men's Veteran Healing Retreat as part of our 2023 Retreat Series! Post Traumatic Stress (PTS) plagues too many Veterans, and treating the brain, the source of PTS is essential. PNH has invited trauma resolution expert Michael Cortina and his team to help our veterans resolve their trauma and move forward in life.

The Cortina Method (TCM) is a brain-based healing methodology to resolve trauma developed by Michael Cortina, a career therapist who wanted to find a better way to help those struggling with past trauma. He developed TCM by combining his determination and eternal optimism with diligent research. This methodology is non-conventional and rooted in neuroscience for efficient outcomes, emphasizing people NOT having to relive or reexperience distressing emotions. It involves brain optimization and reprocessing, getting the brain to respond to life in positive ways.

Imagine a life free of the pain and symptoms created by PTS. Replace that with joy, gratitude, relief, and excitement! TCM helps to remove triggers and symptoms. Veterans who have experienced TCM say it has been life-changing, and they can speak about past events without the overwhelming negative emotions they used to feel. This retreat combines TCM with equine therapy and holistic wellness sessions such as yoga, Reiki, and reflexology to make the most out of this transformative retreat.

Resolving Trauma: A Men's Veteran Healing Retreat The Cortina Method (TCM)



The first Resolving Trauma retreat will be held November 2-6, 2023 for men only. More dates are still being determined for others. You can find out more at the Project New Hope website at www.projectnewhopema.org/retreats.

You can also learn more about Michael and The Cortina Method at his website www.michaelcortina.com.



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



2023 RETREATS

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



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.**

TAKE A STEP TOWARD LIVING FREE.

SPACE IS LIMITED! APPLY NOW AT PROJECT NEW HOPE!

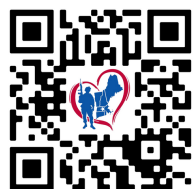
www.projectnewhopema.org/home/retreats/

This retreat is open to individual Veterans and/ or couples. Proof of Military Service required.

Lodging, meals, and activities are provided at no cost to participants.

A registration fee of \$50/ person will be refunded one week after the completion of the retreat.

You must arrange for your own transportation.



2023 RETREATS

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





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!**

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

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.



2023 RETREATS

Space is limited! Apply now at Project New Hope!

www.projectnewhopema.org/home/retreats/



War-Time Women's Veteran Retreat

Building Connections while Relaxing!



"Reflexology was a new experience I didn't know anything about it, and it was the most relaxing thing."

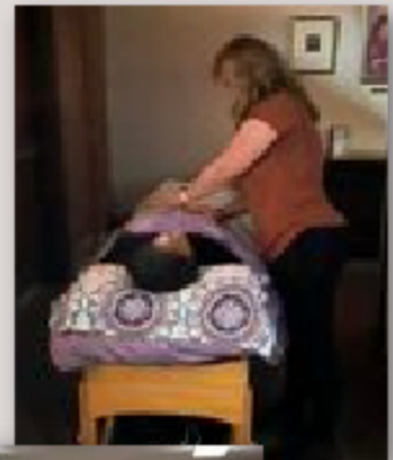
"These retreats provide me with much needed breaks from my hectic life. I appreciate the Art and Holistic and Wellness therapies and sessions of self-awareness. I especially appreciate the opportunity to share stories of triumph and challenges with other women Veterans. Massage was very beneficial, loosened tense muscles and I encourage others to take advantage of these retreats."



"The most beneficial activity was connecting with other Women Veterans. I went from feeling like an island to feeling like a community. it was relaxing and I learned a lot, it helped me see things differently."



"Always a relaxing and bonding retreat, love the very peaceful Genesis Retreat facility"



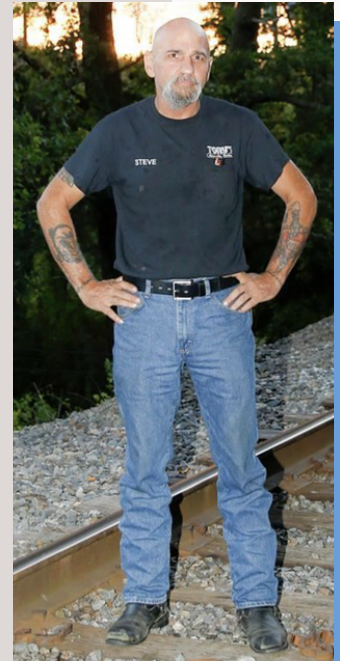
"The most beneficial activity was having a safe place to let go of emotions and create space for new things. I really enjoyed the "Insight Timer" app that was shared with us."



Visit www.projectnewhopema.org/retreats to learn more about the amazing benefits of attending one of our 2023 retreats!



Stephen Dadah



Stephen Dadah has been a volunteer with Project New Hope for over 3 years. He is always the first to raise his hand for our outreach events or to fill in where volunteers are needed. You will be sure to find him at many of the Indian Ranch concerts manning the Project New Hope table. He coordinates food drives and donations for our Sully's Pantries and most recently, he was the driver for our Project New Hope, Inc. van in the Worcester St. Patrick's Day Parade.

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!



Proud to serve
276
Veterans &
Family members
for March!

WORCESTER, MA

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

Open 1st & 3rd
Saturdays
April 1 & 15
9:00am – Noon
by appointment



What to bring:
Driver's license noting Veteran,
VA healthcare card,
DD214,
DOD military/dependant ID,
CAC Card

(774) 243-7859
Email Diane Soave:
dsoave@projectnewhopema.org

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



Proud to serve
287
Veterans &
Family members
for March!



WESTFIELD, MA

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

Open Weekly!
Monday, Tuesday, Thursday
9:00am-2:00 pm
Friday
9:00 am - Noon
Call or Email today to set up
your next appointment!



(413) 485-7988

Email Jordan Gaj jgaj@projectnewhopema.org



Generous Donors

Marcia Misiorski generously donated to our Sully's Pantry in Westfield. We received much needed items of oatmeal and cereals! Thank you, Marcia!!

Project New Hope is honored to distribute Carter's Children's Clothes, Shoes, Diapers, Wipes, Formula, Similac to the Westover Airman & Family Readiness Center and the Barnes Wellness Team!

Pictured (L-R) Jennifer Kuhlman, Director of Airmen & Family Readiness Center and Vanessa Noyes, Project New Hope, Inc., Operations Manager.



Pictured below (L-R) Lisa Potito, Airman & Family Readiness Program Manager, Vanessa Noyes, Project New Hope Inc. Operations Manager and Melanie Casineau, Yellow Ribbon Reintegration Specialist at the 104th Fighter Wing.



Western Massachusetts Partners



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, April 8 & 22
9:00am – 1:00pm

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