




**Project New Hope** INC.  
Where Veterans Rebuild With Honor

# A Men's Veteran Healing Retreat The Cortina Method (TCM)

**Do you struggle with PTS, Guilt, Anger, Fear,  
Physical Pain, Limiting Beliefs?**

**The Cortina Method (TCM) resolves & dissolves these problem areas.**

**Based on neuroscience, TCM is Brain-Based Healing that helps people get over trauma, WITHOUT having to relive ANY pain.**

**Replace pain with joy, gratitude, relief, and excitement.  
Also enjoy Equine Therapy and holistic wellness of Yoga, Reiki, and Reflexology.**



**November 7-11th, 2024**

**Genesis Spiritual Life  
and Conference Center**

[Retreat Information Click Here or use our QR code](#)



**2024 RETREATS**