



TCM First Responders Retreat

November 6-10, 2025

**Genesis Spiritual Life & Conf. Center
Westfield, MA**

First responders often face immense emotional & psychological challenges due to the traumatic nature of their jobs.

This can lead to mental health struggles including depression, anxiety, and post-traumatic stress disorder (PTSD).

The Cortina Method (TCM) resolves & dissolves these problem areas. Based on neuroscience, TCM is Brain-Based Healing that helps people process trauma, WITHOUT having to relive ANY pain.

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

Enjoy Equine Therapy and holistic wellness of Yoga, Reiki, and Reflexology.

**10 openings - Complete your application TODAY!
Phone interview and Employment ID/ DD-214
required.**



2025 RETREATS



Project New Hope INC.

Where Veterans Rebuild With Honor

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Retreat
Information &
Registration.](#)**