



# Project New Hope INC.

Where Veterans Rebuild With Honor

## TCM Military & Veteran Caregivers Retreat

### A Week of Renewal, Healing, and Connection

Caring for a Veteran or Service Member takes strength, patience, and love.

But caregivers need care too.

Join us for a transformative retreat designed to restore your body, mind, and spirit.

### What You'll Gain

- Emotional & physical relief from caregiving stress
- Practical tools for self-care & resilience
- A renewed sense of purpose & gratitude
- Lifelong connections with a community that understands

**"When caregivers heal — Veterans heal." — Project New Hope Inc**



### Experience The Cortina Method (TCM)

A groundbreaking, neuroscience-based approach that resolves and dissolves emotional pain without reliving trauma.

TCM replaces stress and sorrow with joy, gratitude, relief, and excitement, helping you move forward lighter and stronger.

**April 9–13, 2026**

Genesis Spiritual Life &  
Conference Center  
Westfield, MA

**Retreat Information:**

[projectnewhopema.org/retreats](https://projectnewhopema.org/retreats)

### Retreat Highlights

Equine Therapy  
Yoga & Qigong  
Reiki & Reflexology  
Peer Support & Discussion Circles  
Quiet Reflection & Nature – Time to  
breathe, relax, and rediscover joy

[www.projectnewhopema.org](https://www.projectnewhopema.org)