



Project New Hope INC.

Where Veterans Rebuild With Honor

TCM Male Veterans Retreat

August 6-10, 2026

A Week of Brotherhood, Strength & Resilience

Find relief from the struggles with PTS, guilt, anger, fear, physical pain, and limiting beliefs.
Learn to be the best version of yourself.



Experience The Cortina Method (TCM)

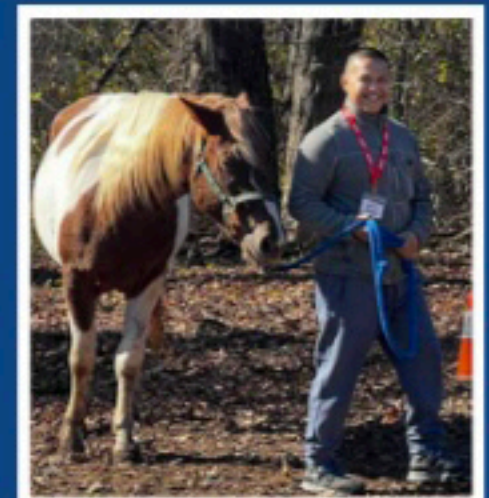
A groundbreaking, neuroscience-based approach that resolves and dissolves emotional pain without reliving trauma.

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

Retreat Highlights



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



**Genesis Spiritual Life &
Conference Center
Westfield, MA**

**Retreat Information:
projectnewhopema.org/retreats**

www.projectnewhopema.org