

Thrive

with Project New Hope



Project New Hope's 2025 Retreats: Connecting Veterans & First Responders to a Bright Future

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Project New Hope's 2025 Retreats: Connecting Veterans & First Responders to a Bright Future

by Jennifer Cesaitis

At Project New Hope, we believe in the power of connection. Connection to oneself, loved ones, and a supportive community are at the heart of healing and renewal. Our 2025 retreats are designed to inspire hope and create meaningful connections that foster strength and resilience. With an exciting lineup of retreats—featuring The Cortina Method (TCM), a unique, transformative approach based in neuroscience—this year is about bridging gaps and building networks that empower our Veterans and First Responders.

Couples Retreat – The Cortina Method (TCM) March 13–17, 2025

Relationships are built on connection, and this retreat gives Veterans and their partners the tools to deepen their bonds. By incorporating TCM, couples can address challenges rooted in trauma and rediscover trust and intimacy in a supportive environment.

Veterans Mindfulness Retreat April 18–20, 2025

Veterans will explore mindfulness techniques in this retreat to cultivate peace and clarity. The shared journey of learning and practicing these skills builds a sense of connection among participants, creating a network of mutual encouragement.

Women's Veterans Retreat – The Cortina Method (TCM) May 1–5, 2–25

Women Veterans often face unique challenges, and this retreat offers a space to heal and connect with others who understand their journey. Through TCM and shared experiences, participants will forge lasting relationships that foster empowerment and mutual support, leaving them feeling inspired and uplifted.

Male Veterans Retreat – The Cortina Method (TCM) August 7–11, 2025

This retreat creates a space where male Veterans can come together to address shared challenges and celebrate their resilience. TCM provides a foundation for healing, while group activities encourage camaraderie and mutual understanding, leaving them feeling connected and understood.

First Responders Retreat – The Cortina Method (TCM) November 6–10, 2025

For the first time, First Responders have a retreat designed specifically for their needs. This groundbreaking program fosters connections among those who have faced extraordinary challenges, using TCM as a catalyst for healing and growth.

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Project New Hope's 2025 Retreats: Connecting Veterans & First Responders to a Bright Future (continued)

Building a Network of Support

Our retreats are about more than individual transformation. They create a web of support that Veterans and First Responders can carry with them into the future. Shared stories, group activities, and the collective power of healing connect the participants, ensuring they never have to walk their journey alone.

Connection fuels resilience. When Veterans and First Responders gather to heal, their combined strength creates a ripple effect that extends to their families, communities, and beyond. These retreats offer a chance to build bonds that transcend the retreat experience, fostering lifelong relationships rooted in understanding and shared purpose.



Looking Ahead: A Community of Hope

As we enter 2025, Project New Hope's mission is clear: to empower Veterans and First Responders by creating spaces where healing and connection go hand in hand. Through innovative methods like TCM, we're breaking down barriers and building bridges—helping attendees reconnect with themselves, their loved ones, and each other.

Our retreats remind us that healing is a shared journey in a world where challenges can isolate us. Together, we can create a brighter, more connected future.

Join us at one of Project New Hope's 2025 retreats and discover the power of connection. To register, visit Project New Hope's Retreat Page, select the retreat you're interested in, and fill out the registration form. Once registered, you'll receive a confirmation email with all the details you need to prepare for your retreat. Let's build a community of hope, one connection at a time.



2025 RETREATS



TCM Couples Retreat

**A Week of impactful healing & workshops designed for couples to
Resolve Traumas, Calm Your Nervous System &
Enhance Communication.**

**Each person attending will receive healing visits in the highly
acclaimed The Cortina Method (TCM) delivered by Trauma
Resolution Expert Michael Cortina and his team. TCM is designed to
heal PTS, Guilt, Anger, Fear, Physical Pain, Limiting Beliefs and more.**

March 13–17, 2025

**Genesis Spiritual Life &
Conference Center**

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



2025 RETREATS



Project New Hope INC.

Where Veterans Rebuild With Honor



Veterans' Mindfulness Meditation Retreat

Veterans and Families are invited to a weekend tailored for your needs. This retreat is a journey into finding peace by discovering practical tools and insights to navigate the challenges of post-service life, fostering resilience and discovering the ability to be calmer. Join us and Claude AnShin Thomas, Vietnam War Veteran and Zen Buddhist monk.

April 18–20, 2025

Grotonwood Camp & Conference Center

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



2025 RETREATS



Project New Hope INC.

Where Veterans Rebuild With Honor



TCM Women Veterans Retreat

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.

May 1-5, 2025

**Genesis Spiritual Life &
Conference Center**

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



2025 RETREATS



Project New Hope INC.

Where Veterans Rebuild With Honor



TCM Male Veterans Retreat

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.

August 7-11, 2025

**Genesis Spiritual Life
& Conference Center**



2025 RETREATS



Retreat Information:
Click Here or
use our QR code



Project New Hope INC.

Where Veterans Rebuild With Honor



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

**[Click Here for
Retreat
Information &
Registration.](#)**



2023 Annual Report

Dear Valued Supporters,

This Veterans Day, November 11, we are proud to present our 2023 Annual Report, which will highlight the profound impact your generosity has had on the lives of countless veterans and their families.

Together, we are helping Veterans rebuild and thrive, restoring hope and providing essential services as they transition to new chapters in their lives.

Make Your Mark With Every Dollar

When you contribute to Project New Hope Inc., you're supporting a mission where 92 cents of every dollar goes directly to the programs that make a difference.

Your gift truly touches lives, providing Veterans and their families with resources, guidance, and unwavering support through every step of their journey.

Your Stamp of Support Matters

Your personal stamp is an added contribution, a symbol of your commitment to Veterans who courageously serve. Each donation goes beyond numbers; it becomes part of a powerful legacy of compassion, respect, and gratitude.

Leadership With Integrity:

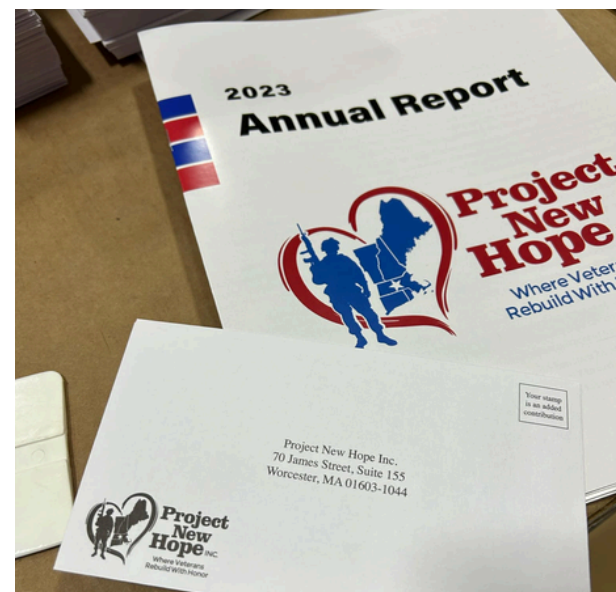
Our President/CEO, Bill Moore, has held his volunteer position for 14 years—a remarkable commitment in today's world. With no salary drawn, Bill has dedicated his heart and time entirely to our mission, setting an inspiring standard of selflessness and purpose.

Join Us in Rebuilding Lives:

We invite you to stand with us and continue our mission by making a donation today. Together, we can ensure that every Veteran has access to the tools and resources needed to rebuild and thrive.

Your support means the world to us and to the many veterans who rely on Project New Hope. Thank you for your trust, your dedication, and your belief in a better future for those who have sacrificed so much.

**Sincerely,
Project New Hope Inc**



ROCKIN' 4 VETS PRESENTS HOME GROWN ROCK

the **James Montgomery Band**

by Jer

Live
SATURDAY
MARCH 29

featuring

**Kevin James
Graham**

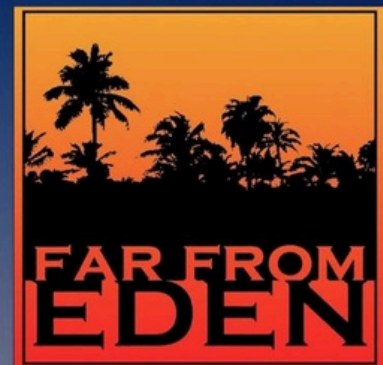


@ Vernon Hill
American Legion Post 435

267 Providence Street
Worcester, MA

7:30 PM

Special Guest



VIP PACKAGES
Pre-show Wine & Cheese Meet & Greet
AVAILABLE



Tickets available @
American Legion Post
267 Providence Street, Worcester, MA

on-line @ [JMB-ProjNewHope2025.eventbrite.com](https://www.jmb-projnewhope2025.eventbrite.com) 2025

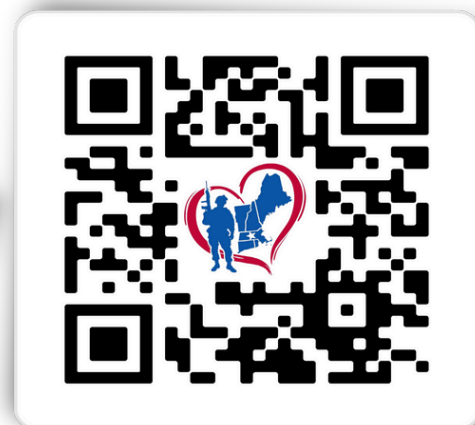


Tommy Thomas

Tommy, a retired sergeant of the United States Marine Corps, joined the Project New Hope team this past summer and has quickly become an invaluable resource. Always ready to lend a hand, Tommy is the person we know we can count on when help is needed. When he's not volunteering with PNH, Tommy cherishes spending quality time with his wonderful wife and son. His dedication and hard work have made a lasting impact, and we're grateful to have him as part of our team!

Who Can Volunteer?

Apply [HERE](#) – it's easy with our online application.



VOLUNTEER!



Our Beloved Donors



Thank you to Army Veteran and State Representative Kelly W. Pease, for his generous donation of 11 winter coats to Project New Hope Inc.'s Westfield office. These coats will provide warmth and comfort to Veterans in need as the winter season approaches.

Donations like these are vital to fulfilling our mission. With the support of community leaders like Representative Pease, we can continue to ensure that Veterans have access to essential resources during the cold months ahead.

Thank you to Tony and Joan Bellizzi for stopping by our Worcester office this morning with a generous \$500 donation! Your support helps us continue our mission of providing vital services to Veterans and their families.



A huge thank you to M.L. Schmitt, Inc. for their amazing \$13,100 donation from the Annual Charity Golf Tournament at Springfield Country Club on September 30, 2024!

To everyone at M.L. Schmitt and all who participated in the tournament, your compassion is making a difference in the lives of those who have served our country. Together, we're helping Veterans and their families find hope and support. Thank you for standing with us!



Our Beloved Donors

On behalf of Project New Hope Inc., I extend my heartfelt gratitude for the incredibly generous \$25,000 donation from the Operating Engineers Local 4 Charitable Foundation. Your support makes a profound difference in the lives of Veterans and their families, allowing us to continue our mission of providing vital resources, programs, and support.



Thank you to the Oxford Police Department for your incredible support and dedication to our Veterans through this unique fundraiser. We are honored that you chose Project New Hope Inc. as the beneficiary of your first-ever Camo Salute to Service patch initiative. Your commitment to helping those who serve our country and communities truly embodies the spirit of Salute to Service month. We're excited to see Oxford officers proudly wearing these patches next November in a powerful display of unity and support. Thank you for standing with us in our mission to serve those who have served.



Thanks to the EMS Roaddocs Boston/New England Chapter and all those who contributed to their annual blanket, coat, and sock drive. Your incredible generosity has made a meaningful difference to the active Military, Veterans, and their families that we proudly serve.

A special thank you to Alexeus Withers for organizing this effort and to everyone who donated items like blankets, diapers, formula, and children's clothing. Your kindness and dedication are truly inspiring.



Our Beloved Donors



Thank you to the staff from the Department of Youth Services for stopping by this morning with your generous food collection donation for our upcoming Thanksgiving distribution! Your support helps ensure that local Veterans and their families facing food insecurity will have the resources they need for a warm, nourishing holiday meal. Thank you for standing with us in this mission to make a difference this Thanksgiving!

Thank you, Gail from Central One Federal Credit Union for stopping by Project New Hope, Inc. with a \$1,000.00 dollar donation pictured with Case Manager Shelby Frysingher.



TEE IT UP FOR OUR VETS WINTER DRIVE 2024

TOURNAMENT RECIPIENT



Project New Hope INC.
Where Veterans Rebuild With Honor

Sully's Pantry
Hampton Ponds Plaza
1029 North Road, Ste 9
Westfield MA 01085

Thank you for your incredible support and generosity at today's golf event for Project New Hope, Inc.! Your commitment and hard work made it a truly memorable day.

Thanks to everyone who golfed, sponsored, and volunteered—including Tammy, Becci, Patty, Kathie, and Michelle! Together, you raised just over \$2,000, and the tremendous amount of donations for Sully's Pantry is a testament to your dedication to helping Veterans and their families.

Congratulations to Kevin and Daryl on their impressive first-place finish with a score of -8! Your support goes a long way in sustaining Project New Hope's mission, and we couldn't do it without each of you.



Our Beloved Donors



We are immensely grateful to our community partner and friends at the Burnham-Manning V.F.W. Post 1105 of Watertown, MA, for their incredible \$15,000 sponsorship of our November Men's Veteran Healing Retreat featuring The Cortina Method (TCM). Their unwavering commitment to supporting fellow Veterans has been vital in making this healing retreat possible.

On behalf of Project New Hope Inc., thank you Grafton PD for your incredible support during No Shave November 2024! Your dedication and generosity in raising \$1,500 for our organization mean so much to the Veterans and families we serve.

We are truly honored to be one of your chosen causes and deeply appreciate the entire team's efforts. Your continued commitment to giving back to the community reflects the very best of public service.



Thank you, Bob Gordon from UMASS Medical for the delivery of non-perishables that was collected by Peg Bishop. Their collective efforts embody the true spirit of Thanksgiving, and we deeply appreciate the support you've shown to Sully's Pantry - Project New Hope. Together, we honor the commitment to serve and uplift our community.



Our Beloved Donors

Thank you, Julian Picard of Centerline Mechanical LLC, Faith Community Church, BNI 146 Referral Group and Blackstone Valley Tech High School for the Food Donation, Gift Cards, Check and Cash.

You have our heartfelt thanks for once again supporting our local Veterans through the Thanksgiving Food Drive.



Thank you, Kimberly and Bill from the Administrative Services Division of the Massachusetts Department of Correction in Milford, MA, for your generous donation of nonperishable items to Sully's Veteran Food Pantry, a vital program of Project New Hope Inc..

Your thoughtful contribution directly supports our mission to provide essential resources to Veterans and their families, ensuring they have access to nutritious food and the support they need.

Thank you to the Stacy Middle School Student Council and Mary Elizabeth, President of the Sgt. John W. Powers American Legion Auxiliary Unit #59 in Milford, MA, for organizing an incredible hygiene drive to benefit Sully's Veteran Pantry, a cornerstone program of Project New Hope Inc.

Thank you for being champions of our mission and for demonstrating what it means to give back to those who have given so much!



It is through small, consistent acts of kindness that we create lasting change.

A heartfelt thank you to Tim Haywood of Tiny Tim's Café, Chef at Chester P. Tuttle Post 279, and the Auburn Sportsman's Club for their incredibly generous contributions to the Harvest of Gratitude program. Your support directly benefits Sully's Veteran Food Pantry and other critical services offered by Project New Hope Inc.



Community Volunteers

Thank you to the Worcester Lion's Club for your dedication and support at our Worcester Sully's Pantry. What a great day, spending time with Tom the Turkey!!



We are grateful for the continued support of our local community, and today we wish to extend a special thank you to the Holy Cross Women's Ice Hockey Team and the Men's & Women's Tennis Teams. These incredible student-athletes generously volunteered their time at our Worcester office this afternoon, assisting us by filling food orders for Veterans and their families and organizing our storage room. Their energy, dedication, and teamwork made a meaningful difference, ensuring that our food pantry remains ready to serve those who need it. Their willingness to give back is a powerful reminder of the impact we can have when we come together to support our Veterans. Thank you, Holy Cross athletes, for helping us carry out our mission and for exemplifying the spirit of community and service.





Giving Back

Project New Hope Inc., a dedicated non-profit Veterans organization, is honored to sponsor the VA Central Western Massachusetts (VA CWM) Food Pantry, located at the Edward P. Boland VA Medical Center, 421 North Main Street, Building 7, in Leeds, MA. Open every Wednesday from 9:00 a.m. to 3:00 p.m., this pantry is a crucial resource for veterans, addressing the pressing issue of food insecurity that affects many within our Veteran community and their families.

In response to rising costs and financial challenges, the VA CWM food pantry provides Veterans with access to fresh produce, essential non-perishables, and other food items that help alleviate the burden of food insecurity. Project New Hope Inc. works in partnership with the VA to ensure that the pantry is stocked and able to serve a diverse range of dietary needs and preferences, supporting Veterans' overall health and well-being.

By sponsoring this initiative, Project New Hope Inc. strengthens its mission of supporting Veterans, not only through food assistance but through various programs designed to improve their quality of life. The organization is committed to empowering Veterans, fostering community, and addressing the unique challenges that Veterans face post-service.

Pictured here are Trisha and Christopher, two VA Central Western Massachusetts Healthcare System dedicated team members who help make this support possible.





Giving Back

Operation Manager Debbie Erickson and Board member Donna Moore attended the Danielson Veterans Coffeehouse to speak to the Veterans about Project New Hope Inc. Non-Profit Veterans Organization and our Mission.



PNH President and CEO, Bill Moore, was honored to serve as the Master of Ceremonies at the Annual Veterans' Breakfast at the Leicester Senior Center in Leicester, MA! This gathering was a special opportunity to recognize and celebrate the dedication and sacrifice of our veterans.

A heartfelt thank you to Rachelle Cloutier, Senior Center Director, for her incredible work in organizing this meaningful event and for her dedication to supporting our Veterans. Events like these allow us to come together, reflect on the service of those in our community, and strengthen the bonds that unite us.

At Project New Hope Inc. Non-Profit Veterans Organization., we're committed to ensuring that Veterans and their families feel supported and appreciated. Thank you to everyone who attended and helped make the morning memorable!





Proud to serve
408
Veterans &
Family members
for November!

WORCESTER, MA

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

Open 1st & 3rd
Saturdays
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

Diane Soave:

dsoave@projectnewhopema.org

Office Hours:

Mon – Thurs 9:00am – 1:00pm

Friday 9:00am – 2:00pm



Proud to serve
470
Veterans &
Family members
for November!



WESTFIELD, MA

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

Monday, Tuesday, Thursday
8:30am-1:30 pm

CLOSED WEDNESDAYS & FRIDAYS

Call or Email today to set up your next
appointment!



(413) 485-7988



Veteran's Reflexology

NEW DAY!

*FOURTH TUESDAY
6:00 - 8:00 PM
STARTING AUGUST 2024*



Project New Hope, Inc.
70 James Street, Suite 129A
Worcester, MA 01603

Whole Body benefits through the feet
Feel relaxed and refreshed
Help ease tension



Project New Hope, Inc., is happy to partner with Natural Pathways to offer eight 30-minute reflexology sessions to Veterans and Family members. Veterans' Reflexology will be held on the fourth Tuesday of each month, starting in August 2024, from 6:00 - 8:00 pm.

Please call our Worcester office to schedule your appointment today!

(774) 243-7859



Chair Massage

Enjoy the relaxation and health benefits of a chair massage with Delaney!

- First Monday of each month (begins August 5th)
- 20-minute sessions
- Appointments from 5-7 pm
- Call our Worcester office for your appointment

(774) 243-7859

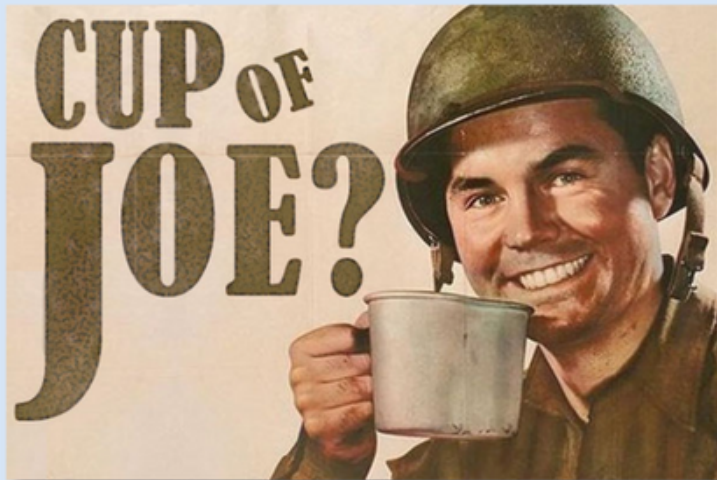


Project New Hope INC.

Where Veterans Rebuild With Honor



Veterans Coffee Social



Tuesdays 8:30 – 10:30 am

Project New Hope, Inc. 70
James Street, Suite 129A
Worcester, MA 01603

(774) 243-7859

Have a coffee, share a story,
or reconnect with other Veterans.

All branches of all eras welcome!





Project New Hope INC.

Where Veterans Rebuild With Honor

DO YOU NEED ASSISTANCE FILING A CLAIM?

We are here to serve you and your family.

Warren A. "Art" Campbell
2nd Saturday of each month
8:00 am – 12:00 pm

Project New Hope, Inc. 70
James Street. Suite 129A
Worcester, MA 01603





VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Central Western MA Healthcare System



COMMUNITY BABY SHOWER FOR WOMEN

Open to enrolled, unenrolled, Veterans, National Guard
and Reserve service members in any drilling status and
Active Duty Service Members



**Join us for a free health and wellness event to
connect and celebrate your pregnancy journey!**



December 7, 2024

Time: 11 AM - 3 PM

**Worcester State University
Student Center
486 Chandler Street
Worcester, MA 01602**

Featuring

- Lactation Support
- Breast pump samples
- Market Place
- Pre and Postnatal Support and Education
- Light lunch provided



For more Information Contact: Christine Dunn

Phone: (413) 557-0627

E-Mail: Christine.Dunn2@va.gov

