

Thrive

with Project New Hope



PNH and TCM: Making a Real Difference for Veterans

1-2

In This Issue:

PNH 2025 Retreats 3-7

Rockin' 4 Vets 8

Connecting the Dots Corner 9

Veteran of the Month: Ernest Roy 10

Honoring Donors & Supporters 11-12

Giving Back & Community Volunteers 12

Sully's Veteran Pantry 13-14

Veteran's Reflexology 15

VA Claims Assistance 16

Chair Massage 17

Coffee Social 18



PNH and TCM: Making a Real Difference for Veterans

Project New Hope, Inc. (PNH) was founded to help Veterans rebuild and reconnect after serving our country. Those who wear the uniform and their families are very aware of the sacrifices necessary to serve and sometimes those sacrifices have long-lasting effects. With the help of a generous donor, PNH has started a collaborative initiative with Michael Cortina, creator of the Cortina Method (TMC) and are now offering individual sessions that make a real difference for Veterans and their families.

What is TCM?

The Cortina Method (TCM) is a brain-based healing methodology to resolve trauma. It utilizes a strategic protocol rooted in neuroscience for efficient outcomes with emphasis on people NOT having to relive or reexperience distressing emotions. It involves brain optimization and reprocessing. Brain optimization is getting the brain to respond to life, in the most enticing and optimal way possible.

What TCM does:

TCM resolves trauma/PTSD in as little as a single visit. The outcome is that people share that painful emotions are replaced with joy, gratitude, relief, and excitement. It resolves and removes triggers and symptoms. People say that they are AMAZED at how they feel and think are so much more productive, advantageous, and desirable after TCM. Changes are sustainable.

What's the process like:

TCM is a talking and experiential process that utilizes neuroscience findings, physical movement, brain-based language, calming techniques, and more. The Practitioner does most of the talking during a visit. Another great differentiator is that it does NOT require the person receiving it to relive or reexperience any pain during the process of getting pain related to past events resolved. As such, it is a very gentle, light, uplifting process. The Practitioner is very active and directive with an extraordinary sense of attunement and unity with the individual they are serving.

Why it works:

The Cortina Method takes great care to establish root cause or origin of the problem. Neural plasticity (the ability for the brain to reorganize neural paths, connections, and functions) is facilitated at peak levels. Scientific advances have shown that memory is not stable, fixed, static, but rather labile and malleable. TCM fully engages this neuroscience revelation by updating learning or stored memory. That is where transformative healing takes place.

FREE Sessions

To Register for a free session for you, your spouse, or children, please complete this form:

www.projectnewhopema.org/veterans-support-programs/connecting-the-dots/

You may also like to join one of our TCM Retreats, the cornerstone of PNH. Check out the Upcoming Retreats at this link: www.projectnewhopema.org/home/retreats/.



Project New Hope INC.

Where Veterans Rebuild With Honor

Veteran, Spouse, & Children

TCM Visits



MICHAEL
CORTINA

Project New Hope, Inc.

Resolve trauma/ PTS and other disturbing emotions, thoughts, and behaviors with The Cortina Method (TCM).

TCM uses brain-based healing without reliving painful emotions.

No COST

Private & Confidential
via telehealth

Get seen within 1-14 days.

Appointments are limited.



Sign up [HERE](#) for your
No Cost TCM Visit
Today!





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.](#)**

ROCKIN' 4 VETS PRESENTS HOME GROWN ROCK

the **James Montgomery Band**

by Jer

Live
SATURDAY
MARCH 29

featuring

**Kevin James
Graham**

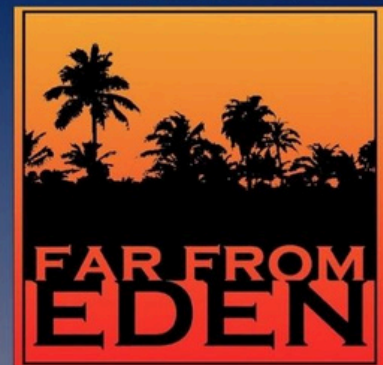


@ Vernon Hill
American Legion Post 435

267 Providence Street
Worcester, MA

7:30 PM

Special Guest



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



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

Tickets available @

American Legion Post

267 Providence Street, Worcester, MA

2025



CONNECTING the DOTS Corner

Case Management at PNH helps to connect Veterans, and current Service Members, to needed resources. Many times, individuals do not know where to turn to and can feel overwhelmed by navigating resources and supports. Our case manager is here to help.

In addition to navigating needed resources, our case manager attends outreach events, trainings, speaking events and facilitates Veterans groups.

This month, our case manager will be attending the 182 INF Battalion Military Ball to speak with the soldiers and family members about mental health and not only the impact it has on the individual but also the family unit.

"Too often when you ask a soldier if they suffer from PTSD, anxiety, depression, or trauma, the answer is NO...If you want to know the truth, ask someone who loves them."
(Anonymous).

Project New Hope Inc.'s vision is to empower Service Members, Veterans, and their families through free retreats, supportive programs, wellness and education in a confidential and safe environment. Our therapeutic retreats provide this environment."





Veteran of the Month

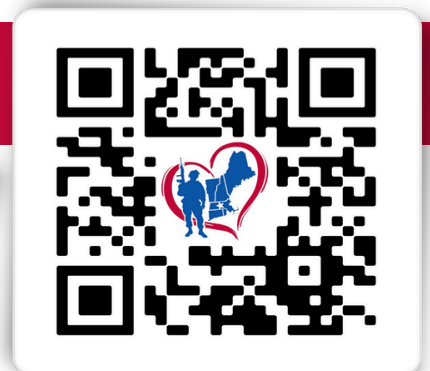
Ernest Roy

We had the honor of welcoming 93-year-old Ernest Roy to our Westfield office. Mr. Roy is a proud United States Air Force Veteran who served our country during both World War II and the Korean War. His bravery, dedication, and commitment to protecting our freedoms are truly inspiring.

It was a privilege to meet such a remarkable individual and hear about his incredible experiences. Thank you, Mr. Roy, for your selfless service and for embodying the spirit of sacrifice that defines our nation's heroes. We salute you!

Would you like to Volunteer?

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



VOLUNTEER!



Honoring our Donors & Supporters

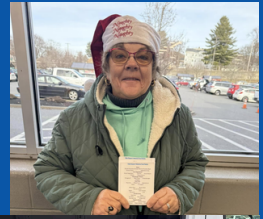
A heartfelt thank you to Lori & Bernie for spearheading this incredible food drive for Project New Hope Inc. at Market 32 in Worcester. Along with your dedicated helpers—Marcia, Ray, and Frank—you have gone above and beyond to support Veterans and their families. We deeply appreciate your efforts as we begin 2025 with gratitude and hope.

We also extend our sincere thanks to all the customers who purchased these bags filled with essential items:

- PICS Turkey Stuffing
- PICS Cut Green Beans
- PICS Cranberry Sauce
- PICS Turkey Gravy
- PICS Cream of Mushroom Soup
- Lipton Broccoli Cheddar Pasta Side

Your generosity ensures that Veterans and their families will have comforting, nourishing meals. Together, we are making a meaningful difference in the lives of those who served our nation.

Thank you for standing with us and supporting our mission.



We Serve!

Project New Hope INC.

Where Veterans Rebuild With Honor

The Worcester Lions Club is running a service project at the District 33A Mid-Winter Conference to collect items for Project New Hope, based in Worcester, which is a nonprofit organization dedicated to supporting military veterans, active service members, and their families.

We are collecting items for their cupboards. They have stated that the following items are most needed at this time.

Please bring some of these items with you when you attend the Mid-Winter Conference to be left at a collection point run by the Worcester Lions Club.

Thank you!

Pancake Syrup – Pancake Mix – Mayo
Ketchup – Taco Kits – Italian Dressing
Ranch Dressing – Apple Juice – Canned Chili
Spam – Raisins – Jello Snack Cups – Pudding
Snack Cups – Applesauce

D33A Mid-Winter Conference Service Project
Sponsored by the Worcester Lions Club and
Project New Hope, Inc., Worcester, MA.

Thank You to the Massachusetts Lions District 33A for hosting a vital service project to benefit Sully's Veteran Food Pantry at our Worcester and Westfield locations.

We deeply appreciate the Worcester Lions Club for spearheading this service project at the Mid-Winter Conference. Your dedication to collecting much-needed pantry items for veterans, active service members, and their families makes a meaningful difference.

Your generosity and efforts will directly support our mission of providing essential resources to those who have served our nation.

Thank you for partnering with us to make this initiative a success. Together, we are ensuring that no veteran or military family goes without the support they deserve.



Honoring our Donors & Supporters

A Heartfelt Thanks to Judy Brodowski for her generosity and support. Judy recently donated three women's winter coats, one men's coat, and a set of bed sheets to help Veterans and their families. These thoughtful contributions will make a significant difference, especially during the cold winter months, ensuring that those in need can stay warm and comfortable. Every donation, big or small, makes a meaningful impact in the lives of those we serve.



Giving Back

We were thrilled to partner with QCC Veterans Club for their cooking days! Recently, they made some delicious venison chili! Keep an eye out for their next cooking day so you don't miss out on a fantastic lunch with great company! Thank you everyone that stopped by!



Community Volunteers

Thank you to Van Garden Group Volunteers! We are so grateful to each of you for taking the time to come in and assist with filling food orders. Your hard work and dedication make a real difference in ensuring that Veterans and their families have access to the support they need. Your commitment to serving others reflects the very best of our community.





Proud to serve
436
Veterans &
Family members
for January!

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



**We have winter
clothes for kids!**

(774) 243-7859

Diane Soave:

dsoave@projectnewhopema.org

Office Hours:

Mon – Thurs 9:00am – 1:00pm

Friday 9:00am – 2:00pm



Proud to serve
480
Veterans &
Family members
for January!



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



VA Claim Assistance

**DO YOU NEED ASSISTANCE
FILING A CLAIM?**

We are here to serve you and your family.

**Jason Main, VSO Leominster, Sterling,
and Leicester**

or

Meg Murphy, VSO Pepperell

**2nd Saturday of each month
8:00 am – 12:00 pm**



Project New Hope INC.

Where Veterans Rebuild With Honor

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



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

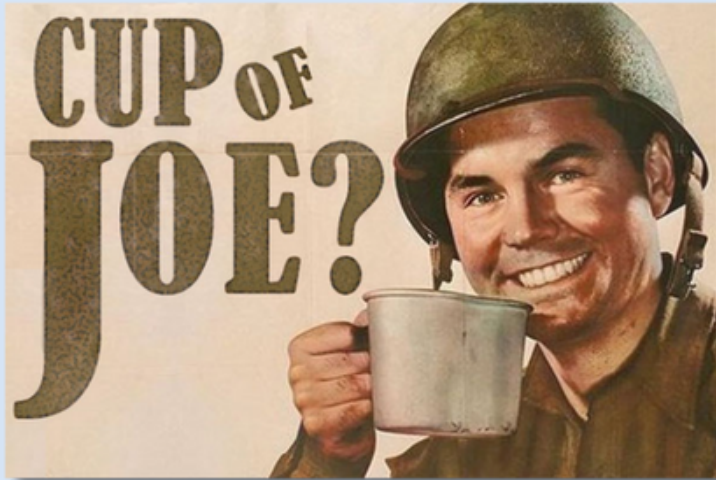


Project New Hope INC.

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!

