



# Project New Hope INC.

Where Veterans Rebuild With Honor

## TCM Women Veterans Retreat

**November 12-16, 2026**

**A Week of Empowerment, Healing & Connection**

The Nation celebrates Veterans, then PNH keeps the promise to help you rebuild with honor. 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](http://projectnewhopema.org/retreats)**

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