

Freedom and Honor

Women Veteran's Retreat

November 14-16, 2008

www.freedomandhonor.org

(800) 896-5488 x241

Sponsored by



After deployment, Take the Time to Honor Yourself,
Your Experience, Your Family and Your Future.

We invite you to join us for this 2.5 day retreat...

Safe

Confidential

No Rank

No Uniforms

Private Rooms

Meals included



Like nothing you'll have ever done. It's a fun, hands-on workshop that provides you new skills and tools to take on your transition powerfully. This program does a great job in helping veterans dealing with their feelings and to help find themselves.

Brenna M. Wheatley
Navy

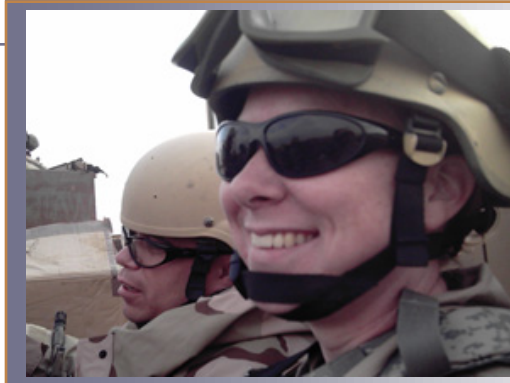
- *Share transition issues* with other female veterans.
- Learn new skills to *reconnect* to family and friends.
- Decompress and *recharge* your mind, body and spirit.
- *Understand* the impact of your experience.
- Develop your personal *vision and mission*.



Sponsored by the Chehalis Tribe of Washington State and the Return to Honor team...

This training and retreat is an experiential program to assist female veterans with combat stress and readjustment issues. This is not a mental health program; it is a post-deployment transition training.

You will be guided through a series of exercises in emotional intelligence, bioenergetics and paradigm shift to address the unique issues of women veterans.



Event Dates & Registration:

November 14-16, 2008

Starts: Friday at 4pm

Ends: Sunday at 3pm

Visit www.FreedomAndHonor.org to register.

The retreat is free to veterans. A deposit of \$195 is due to confirm space, which will be refunded upon completion. Space is Limited.

For more information please call Nancy McGrory Richardson at: (610) 952-2595

Event Location:

Frog Creek Lodge

15003 64th Street KPN

Lakebay, WA 98349

(253) 884-3188

www.frogcreeklodge.com

When searching for something it is good to have a connection to those who have had some of the same experiences to be able to be expected to move on. Continue to get the word out. At this time there are not a lot of options out there and the program helps fill a need. Thank you.

Corean Swart
Army

It was very good, powerful, heartfelt, and provided inspiration for the future in ways that were not originally my goals; very good job of identifying underlying issues. Sincerely, my gratitude is immense.

Davina French
Army