

# PROJECT NEW HOPE



*So glad to see young families involved in retreats for military families - gives me hope for the future.*



## Activities Include:

- Movies
- Camp Fires
- Mindfulness meditation
- Nature's Classroom
- Ropes Course
- Non-Denominational Religious Service
- Hiking
- Yoga

Camp Grotonwood

167 Prescott St

Groton, MA 01450



**Deadline to register:  
April 5, 2013**

## Project New Hope Inc.

P.O. Box 91  
Leicester, MA 01524  
(508) 713-3362

[Contact us!](#)



## New England Gold Star and Survivor Family Retreat

# APRIL 19 - 21, 2013

## CAMP GROTONWOOD

### GROTON, MA

For the third year in a row, Gold Star families can come together for a weekend of healing, sharing and remembering their Service member.

**Nature's Classroom:** Join us for a day of hiking, team building, and science adventure! The Groton Woods are alive! Join Grotonwood field naturalists as they embark on an adventure to meet the frogs, salamanders, and other native creatures. Explore beaver ponds, vernal pools, and woodland habitats. Discover the relationship between local history and the natural world.

Head over to our low ropes course where facilitators will challenge teams to work together. Balance the Whale Watch, swing across the Peanut Butter Pit, and navigate the Spider Web. Bring your creativity and sense of adventure! In the afternoon, come build shelters, launch water rockets, and design vessels to protect eggs from a 30 foot drop!

This year "trauma and grief specialist", Jim Bresnahan will lead the retreat and tackle topics to include; "This thing called grief, what makes mine unique?" and "Self Care and Resiliency." There will also be a breakout sessions with Helon Wyllie, Survivor Outreach Services Support Coordinator for Massachusetts, to connect parents, siblings, and spouses together with others who are going through the same thing.

**CLICK HERE TO  
SIGN UP TODAY!**

