

PROJECT NEW HOPE



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

Project New Hope Inc will be offering a Gold Star Retreat April 19th -21st 2013 with a Natures Classroom at Grotonwood Camp & Conference Center in Groton, Massachusetts. For the third year in a row, Gold Star families can come together for a weekend of healing, sharing and remembering their Service member who died as a result of military service.

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.

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!

Workshop Details:

Retreats are from Friday afternoon, 3:00 p.m., to Sunday afternoon, 2:00 p.m., and include workshops, holistic treatments and quality time for families. Space is limited to 15 families per event. The retreat is free and all meals are provided.

Gold Star Families from all over New England are strongly encouraged and welcome to attend this Gold Star and Survivor Retreat. If you are interested in attending, please sign up at <http://www.projectnewhopema.org/sign-up/> Or contact Jim Bresnahan with any questions at (508) 752-1170 or jbresnahan@projectnewhopema.org