



Return to Yourself Resiliency Retreat

A Resiliency Retreat for Women Veterans with PTSD

*(diagnosed or undiagnosed PTSD -
not dependent on source or time of the trauma -
during time in the military or before or after -
resulting from either physical or moral injury)*

Thursday - Monday, August 18 - 22, 2022
Thursday 4:00 pm to
Monday 1:00 pm



*This is a chance to grow, to reconnect with yourself
in a safe and supportive environment without having to relive any trauma.
Learn some skills to take home with you in the beauty of Summer in the Southern California forest.*

*Come join others in resiliency skills training, ceremony, meditation, holistic esthetics, equine (horse) therapeutic experiences,
self-care, energy healing, and art-based experiences.*

*(Because we still have some issues in our country with Covid-19 and variant infection,
and some of our classroom work is within close quarters,
we are asking each of our participants to provide their current vaccination status
and a negative Covid test within the most recent twenty-four hours.)*

Facilitators:

Callie Wight, MA, RN

*(25 years creating therapeutic programs, advocating for, and counseling women vets with PTSD
through the Greater LA VA)*

and

Mary Morse, Spirit Mountain Director

(34 years empowering women's spirituality and helping women to resolve trauma/addiction issues)

If you've attended before in person, please come back!
And please invite your women veteran friends to participate as well.

Carpools coordinated
Transportation provided if necessary

No charge for participants but we do ask for a \$25 deposit to reserve your spot.

This deposit will be returned to you as soon as you arrive at the retreat.

(Contact Mary at 951-634-4048 if you have difficulty affording the deposit.)

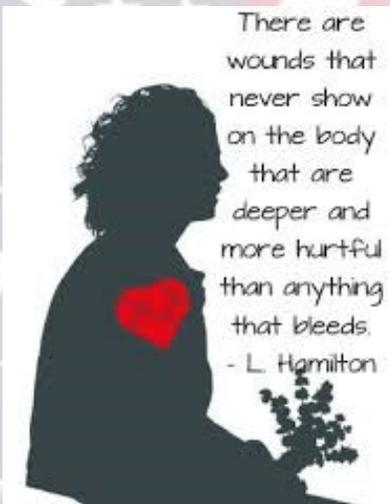
To register or if you have any questions at all,
please contact: Mary at 951-634-4048 or info@spiritmountainretreat.org

Spirit Mountain Retreat, California nonprofit organization IRS #39-1199283

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Many thanks to The Soboba Band of Luiseño Indians through the Soboba Foundation whose generous gift has made it possible for us to continue our Return to Yourself Resiliency Retreats for Women Veterans with PTSD for another year.