

Free Weekend Retreat for Woman Veterans Experiencing Combat or MST Post Traumatic Stress

Workshops addressing critical issues

•
Military Sexual Trauma

•
Lake side, dome style rooms

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Great meals

•
Exciting recreational challenges

•
Networking and new friends

•
Identify emotional triggers and cope with stress



Apply online

www.lionsprojectnewhopenw.org

Lions Project New Hope NW
P.O. Box 5532, Lacey, WA 98509

