

Come Join Us for a

VETS AND FRIENDS TRAINING RETREAT

WHEN: Sunday, November 13 – Friday, November 18, 2016

WHERE: Camp Vermilion (Cook, Minnesota)

WHO: Veterans, Family, Friends, Group Team Leaders

Vets (single) – \$250;
Family or Friends - \$150
each; Youth under 18 -
\$100; Children under 6
free (Family Max - \$500)

Financial Help Provided:
Contact Cindy or John

Group Team Leaders
Team of 2 - \$400; Each
additional member-\$150

**Risk
Healing
Connections**

Learn from Team Trainers, Veterans, Loved Ones
and Group Team Leaders:

- Vets/ Loved Ones:
 - Meet others who “get it”
- Civilians:
 - Understand Military Culture and “bridge the gap”
 - Learn Support and Relationship Skills
 - Develop Safety and Trust
 - Advocate
- Assist with Vets & Friends Support Groups
 - Understand Post-traumatic Stress and the Ripple Effects
 - Recover from Moral Injury
 - Suicide Prevention, Self-medication, etc.

**Welcome Them Home –
Help Them Heal**

Email Cindy Macaulay:
macaulay@cpinternet.com
or John Sippola:
johnsippola2@gmail.com