



Join us for a Health and Wellness Retreat hosted in partnership by the Louisiana National Guard Reintegration Office and the Louisiana United Methodist Children & Family Services.

The Health and Wellness Retreat is aimed to benefit Service Members by providing a clinical facility in a comforting and quiet atmosphere where they will find ways to relax their body and mind and improve their psychological well being while reconnecting to their daily lives. These skills and strategies are achieved through a wide range of therapeutic methods including: Equine Therapy, High/Low ropes course, group sessions, team building and Eye Movement Desensitization and Reprocessing (EMDR).

This retreat was established to help Service Members with PTSD, Substance Abuse Recovery, Traumas and those who may need to further develop coping skills to address everyday life stressors at **no cost** to the Service Member. During the retreat you will build trust, improve communication, address conflicts and challenge yourself in a series of therapeutic models provided in a safe space that promotes healing, sustained recovery and growth.

Anticipated start date 22—29 APRIL 2017

Outdoor Wilderness Learning Center

1523 LA-563, Dubach, LA 71235



**To Register:**

<http://geauxguard.la.gov/resources/reboot-retreat/>

**Or Contact:**

MAJ Angela Huval  
(337) 852-4747

MAJ Ebony Carter  
(504) 330-7285

**Transportation may be available upon request.**

Contact MAJ Ebony Carter, State Family Programs Director to coordinate

