



A Great Opportunity
For Returning Vets –
A Special Retreat to
Shed the Negative Effects of PTSD

There is No Charge.
You've already paid enough.

Relax, Renew ...

*Enjoy free lodging, all meals, activities
and Moving On Retreat program.
The program is designed to help shed the
negative effects of PTSD, identify
challenges and create new goals.*

**For returning vets ready to relax,
rejuvenate, reinvent and reignite**

INTERDISCIPLINARY MEDICAL TEAMS PROVIDE
OVERSIGHT & ASSESSMENTS FOR FURTHERING INDI-
VIDUAL PROGRESS AND HELP INFORM FUTURE CARE

AFTER RETREAT ASSISTANCE IS AVAILABLE WITH
REFERRALS AND RESOURCES TO HELP REBUILD LIVES

714-980-1709



P.O. Box 3112
Wrightwood, California 92397

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For Returning Vets
returningvets.org

Moving On

R E T R E A T



FOR RETURNING VETS

www.returningvets.org

Moving On

R E T R E A T

Relax, Release, Rebuild, Reignite

A Retreat Designed for Returning Veterans to Help Shed the Negative Effects of PTSD, Identify Challenges and Create New Goals.

"... a serious opportunity for sorting out memories and inclinations that distracted me from being home and pursuing my new goals."

No charge to returning veterans for all meals, activities and Moving On program.



ALL PHOTOS: ASSOCIATED PRESS

EXAMPLE RETREAT SCHEDULE

- DAY #1** ARRIVE BETWEEN 3 AND 5 P.M.
DINNER AT 5:30 P.M.
WELCOME 6:30 P.M.
- DAY #2** R & R, SWIMMING, SPORTS, ARCHERY,
HIKES, HORSEBACK RIDING, ROPES COURSE. & MORE
- PROGRAM**
- DAY #2** 5:00 P.M. - 11:00 P.M.
- DAY #3** 9:00 A.M. - 4:00 P.M.
- DAY #4** 9:00 A.M. - 6:00 P.M.
- DAY #5** 9:00 A.M. - 6:00 P.M.
- DAY #6** SPEND SUNDAY NIGHT AND ENJOY
BREAKFAST MONDAY MORNING BEFORE DEPARTING.

BREAKFAST, LUNCH, DINNER PROVIDED THURS - SUN, PLUS
DINNER WEDNESDAY AND BREAKFAST MONDAY MORNING.



You deserve a real break . . .

STAFF & ASSESSMENTS

PROFESSIONAL LEADERSHIP AND
INTERDISCIPLINARY TEAMS COMPRISED OF
DOCTORS, NURSES, SOCIAL WORKERS AND CHAPLAINS
WORK TOGETHER TO PROVIDE EACH VETERAN WITH
OPTIMUM OVERSIGHT AND A COMPREHENSIVE ASSESSMENT
TO HELP INFORM AND FORWARD EACH PARTICIPANT.
PSYCHIATRIST AND PSYCHOLOGIST ARE ALSO PRESENT.
EFFECTIVE GROUP EDUCATION TO HELP PEOPLE
IDENTIFY, RELEASE, REINVENT AND RENEW.

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*Your
Chance to
Relax,
Release,
Reinvent,
Rebuild,
Renew,
Reinvigorate,
Reignite!*