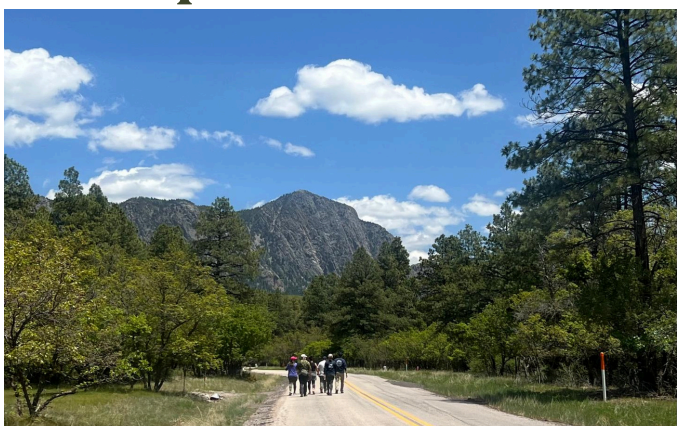
3-Day Retreats

Escape To Nature



Chama, NM
LOCATION

SEE BELOW
DATES

12 Maximum
ATTENDEES

Call us for more info
505-888-5499

All meals & lodging provided
20 hours of group/individual experience

Cost

- Department Paid Spot: $1000
- Individual Paid Spot: $500
- Sponsored (with application) : $0
- Group Discount (2 or more): 20% off
- Entire Team: $6000 (10 spots)

Common Activities

- Groups/ Individual Counseling
- Yoga/Massage
- Hiking + Outdoor Exploration
- Trauma Exercises (EMDR)
- Exercise/ Workouts
- Mindfulness + Meditation
- Firepit/ Games/ Basketball
- Team Building Activities

Retreat Dates & Topics

- **Wellness Refresh & Recharge**
  (8/7 - 8/9/26)
- **PEER Support**
  (8/31 - 9/2/26)
- **Leadership/Command Staff**
  (10/2 - 10/4/26)
- **Women in Public Safety**
  (10/18 - 10/20/26)
- **Trauma & Resiliency**
  (4/12 - 4/14/27)
- **Team Building**
  (7/16 - 7/18/27)
- **Relationship Re-Engage**
  (6/11 - 6/13/27)
- **PEER Support**
  (8/11 - 8/13/27)

Sample Schedule

Day 1 - Arrive Mid-Day/ Light Lunch
- 1-4pm Activities/ Program Component
- 5pm Dinner
- 6-10pm Activities/ Program Component

Day 2 - Breakfast
- 8-11am Activities/ Program Component
- 12pm Lunch
- 1-4pm Activities/ Program Component
- 5pm Dinner

Day 3 - Breakfast
- 8-12pm Activities/ Program Component
- Snacks for Road/Travel Time

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