

Women Veterans Ignited is proud to present Her'TIME!

A free 3-day, 2-night retreat focusing on mindfulness and resiliency skills to improve mental health symptoms and prevent veteran suicide.

Immerse yourself in tranquility in a beautiful and serene Retreat and Conference Center, located in Northeast Florida. This weekend getaway offers a unique opportunity to rejuvenate your mind and spirit with new tools you can practice for when you need them.

Complete the [Interest Form](#) today to receive more information and start the screening process.



WHY SHOULD YOU [SIGN UP](#)?

- ✓ Experience 2 nights and 3 days of tranquility, reflection, and connection.
- ✓ Restore your mind and body, reconnect to yourself, and connect with other women veterans while you disconnect from technology, breathe in fresh air and let go of whatever is weighing you down.
- ✓ Take part in mindfulness workshops to build resiliency, therapeutic art, positive affirmations, Fireside chats with S'mores, and more.

ELIGIBILITY

- ✓ Any woman who has ever served in the United States Military, whether it was on Active Duty, in the National Guard or Reserves, is eligible for this FREE retreat regardless of discharge status or length of time served.
- ✓ Must be a Florida resident, non FL residents welcome on a space available basis.
- ✓ Must be able to verify military service.



MORE INFO

- Maximum number of participants is limited to 15 women veterans.
- Shared accommodations with camp style dormitory bunks.
- Retreat details will be provided to those who complete the [interest form](#).
- Contact Amanda for more information:
 - aconley@forwomenvets.org
 - (904) 862-6039

[SIGN UP HERE TO BE CONTACTED ABOUT THE NEXT RETREAT!](#)