



Restore and Resilience Retreat

APRIL 21-23, 2023

Step away from the chaos of everyday and experience a variety of self-compassion exercises and learn from an array of local professionals, leaders, and advocates as you work toward improved mental health.

This women's retreat is designed with the intention of connecting to others while learning and practicing tools that support us in navigating our mental health healing journey. Whether you have been affected by trauma, suicide, grief, or just struggling to find balance on your mental health journey, this is a retreat for you.



**STRONGHOLD RETREAT CENTER
1922 IL-2 N, OREGON, IL 61061**



\$225 registration includes overnight accommodations (double occupancy) and meals. We have financial scholarships available. To request a scholarship to attend, please email TCMF21@gmail.com

SPACE IS LIMITED SO REGISTER NOW.



SCAN ME