



"My hope is that many other women veterans will be able to experience the Regaining Balance retreat. I went there with no expectations, and came out with a new focus and feeling more grounded. I know that others can feel this as well, but only if this amazing place continues its work with women veterans."

—Karissa T., veterans retreat participant

"Please know that things and life are so much better here since I attended your retreat. I returned home a much more balanced woman, stronger boundaries, more empathy for [my husband's] PTSD, more love for myself...it's all good. And I'd love the opportunity to attend another retreat, as they are so powerful."

--Donna S., partners retreat participant

The RegainingBalance® program is free, and supported entirely by donations. If you would like to help support these retreats, please send your tax-deductible check payable to Mountain Gate to:

Mountain Gate
124 County Rd 73, Ojo Sarco NM 87521

Vet Connect is an important helpline:

1-800-672-7006

www.NMDVS.org

How to Apply

1. Go to the website:
www.RegainingBalance.org

2. Download an application form. If you have questions or run into any difficulties, please feel free to email or call and we can send you the application form separately.

RegainingBalance@gmail.com
505-218-7836

3. Fill out the form and have the appropriate pages signed by your medical and mental health care providers.

4. Mail the completed forms to:

Mountain Gate
124 County Rd 73
Ojo Sarco NM 87521

or scan it and email it to:

RegainingBalance@gmail.com



RegainingBalance® Retreats for Women Veterans with Post-Traumatic Stress

2023

RegainingBalance® [www.RegainingBalance.org] is a free, non-sectarian outreach program of Mountain Gate, established for the purpose of helping women veterans diagnosed with PTSD by welcoming them to peaceful retreat shared with a small number of other women vets with PTSD, and teaching tools that may help reduce stress and find greater balance in their lives. These tools include calming breath practices, journaling, art therapy, yoga or other grounding exercise, and learning to use the natural world and quiet time as mediators of emotional challenges through walks in our beautiful, nearby wilderness areas. Veterans have found a measure of peace, ease, relaxation, and camaraderie during these retreats.

Where?

Mountain Gate is located in a quiet and deeply peaceful mountain valley in northern New Mexico—a unique environment for natural healing.



Scenes from one of the trails used in the Regaining Balance Retreat walks



Walks, on pine needle-carpeted trails in the nearby Carson National Forest, are geared to the physical condition of participants.

When?

The three RegainingBalance® Retreats for Women Veterans with Post-Traumatic Stress currently scheduled for 2023 are **July 12-16, August 16-20, and September 6-10**. All retreats begin with orientation at 6 pm on the opening date and end midday on the closing date.

Retreats for women veterans are four days long and are limited to eight women participants in addition to our all-volunteer, female staff.

Every retreat is unique for each participant and is a chance to share with other women veterans the suffering within in a safe space.

—L.Herrera, Retreat Participant



“Thank you for helping me release my vision for a peaceful area for me to relax at....I have learned a lot from you all.”

—Judy Q., retreat participant

Staff

Our staff members have all volunteered to be part of this program because they believe deeply in the sacrifices our veterans and their partners have made and they want to do whatever possible to relieve the suffering that has come as a result of that.

No one is paid; RegainingBalance® operates on a shoestring. We are all giving in whatever way we can because we care. Staff are listed, along with their qualifications, on our website:

www.RegainingBalance.org

Below:

Staff and some of the participants at Regaining Balance® Retreat for Women Veterans with Post-Traumatic Stress, working on one of the tool trainings.



“For twenty years I could not find hope; now I’ve found hope!”

—2017 Regaining Balance participant