

# *A Retreat for Adult Family Members of Wounded Veterans*

If you are an adult family member of a veteran with visible or invisible wounds, you are invited to attend a weekend gathering at the beautiful Osage Forest of Peace in Sand Springs, Oklahoma.



During the retreat, participants will come together in the serenity of the Forest and the safety of one another, to share our stories. Family members will be guided through group and individual reflections and exercises that are created to bear witness to the difficult journey of loving a wounded warrior home.



It is a time to share our own struggles, move through our own challenges and experience the restorative power of community.

**When:** Friday - Sunday, April 5, 6 and 7, 2013  
**Time:** Arrive by 6:00 pm Friday, April 5  
Depart by 1:00 pm Sunday, April 7  
**Where:** Osage Forest of Peace  
Sand Springs, OK [www.ForestofPeace.org](http://www.ForestofPeace.org)  
**Cost:** \$100.00 Love Offering (if able)

Limited to 10 Participants

To Register or Questions  
Contact Cynde at [clarkcounsel@cox.net](mailto:clarkcounsel@cox.net)  
or call 405-535-1925



This retreat will be facilitated by Kate Dahlstedt, MA, LMHC and co-director of "A Soldier's Heart" and is an offering of Veterans' Families United, Dr. Connie Fox, Yoga Warrior Instructor and the OK Healing Touch Community.

[www.VeteransFamiliesUnited.org](http://www.VeteransFamiliesUnited.org)