



RETURN TO HONOR

RECOGNITION, REUNION, REINTEGRATION

POST DEPLOYMENT TRANSITION TRAINING

When you **RETURN** from deployment, take time **TO HONOR** Yourself, Your Experience, Your Family and Your Future. Return to Honor is 2 ½ day retreat for returning veterans to assist in the transition home. Safe, Confidential, No Rank, No Uniforms, Not VA, Not Mental Health -- Private Rooms and Meals included. Held at the Freedoms Foundation at Valley Forge, home to the U.S. Congressional Medal of Honor Grove.

- *An opportunity to share transition issues with other Veterans*
- *Learn new skills to reconnect to family and friends*
- *Rest & Recharge; Take charge of your health (mind, body and spirit)*
- *Develop your personal vision and mission*
- *Integrate who you were before, who you were in-theatre and who you are now*

Return to Honor is like nothing you'll have ever done. It's a fun, hands-on workshop that provides new skills and tools to take on your transition powerfully. Great for active duty, guard or reserve.



NEXT WORKSHOP (No Cost to Veterans)

- Oct. 3-5 Freedoms Foundation in Valley Forge, PA
- Nov. 14-16 Womens Retreat, Frog Creek Lodge, WA

For info call: Martin Richardson
610-717-7797 day or evening
Sign up TODAY online at www.freedomandhonor.org

"It was a great way to deal with problems I thought would haunt me. I went through those dark places I didn't want to go and got rid of the shame, anger and guilt I had for what happened. It gets you to go beyond the fear."

— Clinton M Jones Marine Afghanistan Iraq

"Everything was outstanding. It was everything I hoped for and more. I know from doing back to back deployments and having a lot of issues that this program really works."

— MA {SW} Bradley W. Dickey USN 12 years in service.

"It was very good, powerful, heartfelt, and provided inspiration for the future in ways that were not originally my goals."

— Davina French, Army



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