



## Women's Warrior Transition Workshop

**November 15-17, 2013**

**CONNRI LODGE & CONFERENCE CENTER  
28 Happy Hill  
Ashford, CT 06278**

Combat stress and the hurdles of reintegration can challenge the very best; this veteran women-only retreat will help you move forward with family, friends and career. AMVETS Warrior Transition Workshop does not rely on "talk therapy". This is a hands-on reintegration training that will decrease your post traumatic stress (PTS) and increase your skills to move forward. AMVETS Warrior Transition Workshop is provided at no cost to Veterans, Active Duty, Guard and Reserve. A vet-on-vet interaction provides a safe and confidential environment. This women only event directly addresses the unique needs of women veterans. This program is a collaboration of the **Connecticut Dept. of Veterans Affairs, Disabled American Veterans of Connecticut, Call of Duty Endowment and Connecticut Department of AMVETS.**

**November is women only event  
Relax in a beautiful setting  
Room and meals included  
Holistic approaches to reduce PTS  
Transition & empowerment skills  
Job search & career development  
Benefits & educational opportunities  
Travel & child care stipends**



The program starts at 2:00PM Friday Nov. 15<sup>th</sup> and finish at 3:00PM Sunday Nov. 17<sup>th</sup>. For more information contact Nancy Richardson at 610-952-2595 or email [nmrichardson@amvets.org](mailto:nmrichardson@amvets.org); registration at [www.amvets.org](http://www.amvets.org), click on programs then warrior transition.

*It was very good, powerful, heartfelt, and provided inspiration for the future in ways that were not originally my goals. Very good job of identifying underlying issues. A true thank you. Sincerely, my gratitude is immense. **Davina French, North Dakota Army National Guard***

**WWW.AMVETS.ORG**