



*"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 Regaining Balance 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](http://www.NMDVS.org)

## How to Apply

1. Go to the website:  
[www.RegainingBalance.org](http://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.

We are working on a separate form for wives/female partners of veterans with PTSD; once completed we'll have it up on the website. In the meantime, please use the veteran application form, and call us if you have questions:

[RegainingBalance@gmail.com](mailto: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](mailto:RegainingBalance@gmail.com)



## Regaining Balance Retreats for Women Veterans with Post-Traumatic Stress

**2018**

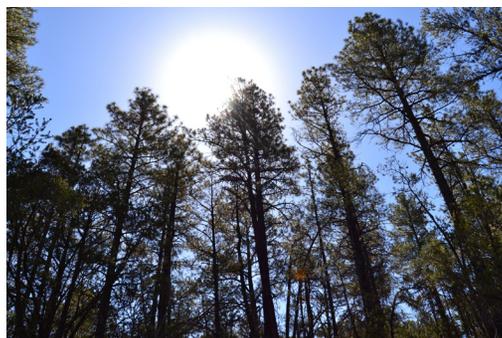
**Regaining Balance** [[www.RegainingBalance.org](http://www.RegainingBalance.org)] is a free, non-sectarian outreach program of Mountain Gate, established for the purpose of teaching women veterans diagnosed with PTSD and women who are wives or partners of veterans diagnosed with PTSD tools that may help them reduce stress and find greater balance in their lives. These tools include special calming breath practices, journaling, art therapy, yoga, tai chi, or other grounding exercise, and learning to use the natural world and physical exercise as mediators of emotional challenges through walks in our beautiful, nearby wilderness areas. Veterans and partners 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?

Retreats currently scheduled for **2018** are **May 30-June 3**, **June 27-July 1**, and **September 26-30** for women veterans suffering from post-traumatic stress. There is also one weekend retreat for wives/female partners of vets with PTSD on **August 3-5**. All retreats begin at 6 pm on the opening date and late morning, with an optional lunch, on the closing date.

Retreats for women veterans are four days long and at this time are limited to four women participants in addition to our all-volunteer female staff. Retreats for wives and female partners of vets with PTSD begin Friday evenings and go through Sunday late afternoon of the same weekend. Partner/spouses retreats are limited to six participants plus staff.



*“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; Regaining Balance 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](http://www.RegainingBalance.org)

Below:

Staff and some of the participants at one of last year’s 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