



Veterans' Mindfulness Meditation Retreat

Veterans and Families are invited to a weekend tailored for your needs. This retreat is a journey into finding peace by discovering practical tools and insights to navigate the challenges of post-service life, fostering resilience and discovering the ability to be calmer. Join us and Claude AnShin Thomas, Vietnam War Veteran and Zen Buddhist monk.

April 18-20, 2025

Grotonwood Camp & Conference Center

Retreat Information:

Click Here or
use our QR code



2025 RETIREMENTS



Project New Hope INC.

Where Veterans Rebuild With Honor