

RENEWAL AND RECOVERY RETREAT

Rooted Within Application Information

Rooted Within (RW)'s Renewal and Recovery Retreat, October 23-27, 2024, is a four night/five day in-person retreat that takes place in the state of Georgia! We are thrilled that you are interested in joining us as you continue your journey towards greater health, connection, and wholeness. We are accepting applications for a limited number of alumnae from each Military Service Academy (MSA). The community retreat experience for up to 24 women survivors of sexual assault creates connections for participants to find common ground, mutual understanding and renewal in healing.

Please read this information carefully so you know what to expect. Once you have digested this information, feel free to reach out to us at info@rootedwithin.org if you have questions or concerns, or to apply for the retreat with the link below.

The Rooted Within retreat is meant to be an empowering and affirming way to work on issues common to women who have experienced the impact of sexual assault, harrasment or other traumas during training or in military service. The retreat has been created to be both an enjoyable experience and an opportunity for you to make whatever personal shifts are necessary to recover from the stress of your past experience and move forward into the life that you envision. Our hope is that you leave being connected to a supportive community of women and have greater resources for your ongoing healing journey.

Activities

RW retreats are designed to support you in building connections with other participants while learning a variety of skills. Regaining equilibrium and establishing a sense of control when your mind or body becomes overwhelmed or difficult to manage are some of the areas we will focus on. Our activities can be physically and emotionally challenging, or even scary. However, these are opportunities of growth that invite you to stretch yourself. Your choice of participation level will always be honored.

Safety

Participants commit to not using substances, alcohol and other recreational drugs, during the retreat. Please have an abstinence plan a full month prior to the retreat. Cigarette smoking/vaping is permitted at restricted times and areas according to facility fire policies and the needs of the group.

Cell Phones and electronic devices will be limited to time outside of retreat programming.

Facilities

Retreats are held at venues that operate as camps during the summer. They are ADA-compliant, and are equipped with beautiful outdoor environments, large common dining areas, meeting rooms and motel or dorm-style bedrooms. You will be sharing a room with one

other participant. If you have special needs relating to sleeping/living accommodations, please let us know.

The retreat venue does their best to accommodate specific food needs and/or allergies. Please inquire.

Staff

RW facilitators have years of experience guiding military women on retreats specifically designed for recovery from MST, PTSD and other difficulties associated with military training and service.

Retreat Participation

Our years of experience have taught us that our retreats, though powerful and even life-changing for a number of our participants, are not for everyone. Our application process helps ensure that this experience is a good fit for you at this time. Please answer all the questions as honestly as you can. All personal information remains confidential among the RW staff.

We best serve individuals who:

- *want to make a change (though may feel “stuck” or uncertain about how to do so)
- *have previously sought or are presently engaged in psychotherapy
- *are not actively experiencing suicidal ideation
- *are not currently abusing substances

This retreat is not a good fit for you if you are presently:

- *experiencing active suicidal ideation
- *actively using substances
- *diagnosed with a mental illness and currently experiencing hallucination or other disordered thoughts
- *have significant medical issues, e.g. cardiac issues, cancer, that would preclude safe participation in the retreat activities

After applying, participants who meet the criteria will receive a confirmation email based on first come, first serve. A \$150 non-refundable deposit is then due within 7 days to secure your place. In addition, participants will be responsible for travel to one of three airports closest to the Retreat Center. We are currently seeking funding to offset travel costs and will have more information on those efforts by the end of June.

Thank you for your interest. We look forward to answering any further questions you might have about this retreat with Rooted Within.

The link for the application form is:

<https://forms.gle/dTgQ4jaWLHLSDJ3G9>