



Sanctuary Weekend™ for Wives of Combat Veterans *Taking care of the caretakers.*

Feeling stressed? Need some time away? Looking for a support network of military wives who understand what's happening in your home and with your veteran? Co-facilitated by military wives and family members, this wellness weekend includes: outdoor activities at the scenic 55-acre Double Oak Farm in the Applegate Valley; lodging at the Applegate River House; a chance to meet, connect with, and learn from other wives of combat veterans; answers about the effects of combat trauma from military spouses who have lived with it, and tools for dealing with it; yoga and meditation with Tina Tonkin of The Chi Room; and more.

Who's Eligible: Wives of combat veterans, particularly OIF or OEF veterans, active duty, reserve or guard, who were deployed to Iraq or Afghanistan.

Who's Hosting: Stacy Bannerman, Sanctuary One Director and wife of Iraq War combat veteran; Hope Restorer's Network (est. 2006), spouses of combat veterans who provide hope, support, and resources to the family members of veterans affected by combat-related experiences and Post-Traumatic Stress Disorder (PTSD); Fran Middleberg, M.S., Licensed Professional Counselor (LPC) and therapist, and the proud mother of an Iraq War veteran.

Deadline for Applying: October 10, 2008 – but space is limited, so please hurry!

Cost: Free, including travel reimbursement for Oregon residents.

Date: Thursday-Sunday, October 23-26, 2008.

Contact:
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