



FIRST RESPONDER ARMOR UP

FEBRUARY 10-13, 2026
YOU MATTER. YOUR HEALTH MATTERS.



Camp Resilience is partnering with Forge VFR and SHIFT Consulting & Counseling to offer a retreat designed to enhance your quality of life and mental and physical health. Join us to engage in exciting outdoor sports/recreation activities, workshops, and fireside chats with your peers!

WORKSHOPS FEATURE:

- Skills to practice self-care
- How to avoid burnout
- Manage your stress

Lodging, meals, and activities are provided at no cost to participants. Transportation to/from the retreat is not provided.

ACTIVITIES INCLUDE:

- Snowshoeing/hiking
- Downhill Skiing
- Indoor Rock Climbing
- Archery
- Yoga

SPACE IS LIMITED!
APPLY TODAY

VISIT OUR WEBSITE
camp-resilience.org
978-219-4003