The staff and advisory board of the retreats are veterans, DoD/VA experts, local service/ support providers, and dedicated community members.



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#### Victoria Bruner, LCSW-C, RN, BCETS

Vic has 30 plus years experience working with service members and families. As a war widow, she has a special understanding of the impacts of military service.



#### David Shoots, LCSW, MTh, CAPP

David is a retired combat veteran and a social worker/family therapist at the Daytona Beach Vet Center.

Tracy S. Hejmanowski, Ph.D Tracy is a veteran who specializes in working with service members and their families who are transitioning after deployment.



#### Lewis Jordan

Following a distinguished 49 year career in commercial aviation, Lewis and his wife Joni founded GratitudeAmerica in 2011.



## John Henry November, Esq.

John, a Florida native, is the Executive Director of Gratitude America and is dedicated to supporting Northeast Florida military service men and women.



## To Learn More and Apply Visit: GratitudeAmerica.org/Marineland

Contact: John November, Executive Director 904-525-3042 jnovember@gratitudeamerica.org





# MARINELAND MILITARY SUPPORT RETREATS \*\*\*\*\*



### Relaxation, Restoration & Recreation

All Service Branches All Service Components (Active Duty, Retired, National Guard, & Active Reserve)



## Relaxation, Restoration & Recreation

The Marineland Military Support Retreats are FREE community based non-profit retreats for current and prior service members and their primary support persons. Retreats are meant to inspire long-term plans to create a wellness/healing restoration center for military personnel at the Town of Marineland. Since Northeast Florida has the largest population of military families per capita in the entire country, there is a tremendous need to provide support for those transitioning to civilian life from local military bases.

These retreats are designed to assist families affected by deployment experiences by using holistic, supportive, and educational approaches structured to provide reconnection to one's self, peers, family and community.



#### Restorative Retreat Approaches

Common challenges, as a result of deployment, are addressed by several approaches: Healing by return to the beauty of nature, recreation, yoga, breath awareness, guided meditations, and other expressive activities. The opportunity to explore on one's own terms in such a supportive setting can improve relationships, health conditions and promote healing where needed.



Dolphin Interaction – The Marineland Dolphin Adventure graciously provides an exhilarating experience where retreat participants meet, greet, and feed Marineland's famous Bottlenose Dolphins.



"I have never participated in such an awesome event in my life." - Past Retreat Participant

Canine & Equine Therapy – Canine and Equine interaction is an emerging form of therapeutic intervention in which the animals are used as tools for veterans to gain selfunderstanding and emotional growth.



Participants can choose to kayak, boat, walk and relax in a setting that will result in unique outdoor experiences and even may allow participants to learn new skills related to enjoying and gaining peace while in the great outdoors.

