

Recreational Therapy Retreat Sample Schedule:

Group Size: 10 - 16 people

- 9:00 AM** Continental Breakfast and Greeting
- 9:30 AM** Ice Breaker and Trust-Building Exercise
- 10:00 AM** Group Divides Into Two
Group A: Equine Therapy (Horse Connection)
Group B: Nature Activity (Kayaking, Hiking, or Fishing)
- 11:00 AM** Groups A and B Switch
- 12:15 PM** Lunch and Fellowship
- 1:00 PM** Group Wellness Therapy Exercise (Yoga, Stress Breathing, Mindfulness, Salt Bath, etc.)
- 1:40 PM** Take-aways and Feedback
- 2:00 PM** Retreat Ends

Contact us to learn more or schedule a session!

Office Phone Number:

(301) 373-9775

Email:

gwfprogramassistant@gmail.com

Please Note:

Since our email may not forward your message, we recommend calling our phone number for a guaranteed and quick response.

Facebook and Instagram:

@greenwellfoundation

Location:

Greenwell State Park
25450 Rosedale Manor Ln.
PO Box 198
Hollywood, MD 20636



Veteran Recreational Therapy Retreat Program



www.greenwellfoundation.org

[www.linktr.ee/
greenwellfoundation](http://www.linktr.ee/greenwellfoundation)

Who We Are

The Greenwell Foundation is a 501(c)3 nonprofit registered in the state of Maryland that provides accessible and inclusive programs, services and facilities for all community members, with and without disabilities, in Southern Maryland.

The nonprofit is an independent entity funded solely by low-cost program fees, donations, sponsorships, grants and gifts.



Mission

To provide educational, therapeutic, and recreational programs for people with and without disabilities in a natural environment.

Vision

A healing destination where people find growth opportunities nourished by nature, programs, history, peace and the community's loving kindness.

Our Veteran Programs

The Greenwell Foundation is committed to veterans and first responders, and strives to regularly develop and improve programs for them. No prior experience with any activity is required for participation.

Horse Connection

This program lets you connect with a horse on the ground while gaining horsemanship skills and learning about social and emotional well-being.



Trail Riding

This program offers walking-paced horseback trail riding along the trees, field, and river. Experienced and well-trained staff member(s) guide the group during the trail ride.



Kayaking

This program provides a guided kayaking tour on the Patuxent River, which lets participants explore, view wildlife, and relax.



Our Recreational Therapy Retreat

Have you ever had times where you wanted a breath of fresh air? A day to slow down and unwind? A chance to immerse yourself in peace and quiet? Everyone has had moments like this.

If you or someone you know is interested in taking a day to relax in nature, this program provides the perfect opportunity to do so.

Our new Recreational Therapy Retreat offers groups of veterans and first responders a way to participate in equine, nature, and wellness activities while spending quality time together.

The program is free of charge for veterans and deeply discounted for first responders.

