



"Coming Home" A healing retreat for Veterans

Sound Familiar?

- I am having difficulty getting used to civilian life?
- I am impatient and frustrated and find myself isolating.
- I cannot sleep and when I do sleep I have nightmares.
- I experience intense emotions like guilt, anger, and resentment.
- I often turn to unhealthy activities to mask my pain.
- My friends and family don't understand me. They don't "get it."

Mayslake Ministries offers **FREE** spiritual outreach programs to our military men and women suffering from Post Traumatic Stress. This unique, non-religious, spiritually focused, retreat specifically addresses the issue of Post Traumatic Spiritual Stress.

It is a two-night weekend retreat, starting at 6pm Friday evening, offered to veterans and a significant other (attendance encouraged) in a place of safety, respite and support.

Retreat leader, and US Army veteran, Sr. Linda McClenahan served as a communications Sergeant in Vietnam. "Sister Sarge" is a licensed Professional Counselor and Therapist whose ministry has helped hundreds of veterans deal with trauma. Sr. Linda is assisted by Tim Sullivan, a Vietnam combat veteran.

2023 Retreat Date

Nov 10-12, 2023

Siena Retreat Center, Racine, WI

Cost: This retreat is FREE

Accommodations, meals and retreat materials courtesy of Mayslake Ministries.

There is a \$25 REFUNDABLE registration deposit to guarantee your spot.

FOR MORE INFORMATION

Mayslake Ministries 630-852-9000

or

Tim Sullivan, tim@neighborsmagazines.com, 630-701-8199

Veterans' Retreat Registration (Required)

The Retreat is **FREE**

The \$25 registration deposit per person, per retreat, is refunded upon your attendance at the retreat.

The Veteran's Retreat is limited to 18 participants.

This form and your \$25 deposit is required to guarantee your spot.*

Please check which retreats you would like to attend:

Name of Veteran: _____

Name of Spouse, significant other, or caregiver if attending: _____

Address: _____

City/State/Zip: _____

Phone: _____ Cell Phone: _____

E-mail: _____

Branch of Service: _____ Years of Service: _____

Medications: _____ Covid vaccinated? Yes ___ No ___

Emergency Contact: _____

Amount of Payment: _____

Payment Method:

Check ___ Credit Card ___

Card Number: _____

Expiration Date: _____ Sec. Code: _____

Name on Card: _____

**Mail registration form along with refundable \$25 registration fee to
Mayslake Ministries, 1S314 Summit Avenue, Oak Brook Terrace, IL 60181.**

**To register by phone:
Mayslake Ministries 630-852-9000, or
Tim Sullivan 630-701-8199 (tim@neighborsmagazines.com)**

*Once we receive your Registration Form and Deposit your attendance will be confirmed and you will receive detailed information about the retreat. Please note, this retreat is limited to 18 participants (including veterans and significant others).