

# THE BRIDGES RETREAT

*Connecting With Your Resilience*

## FAQ for First Responder's Retreat

### Why should I choose this retreat?

Our work in Bridges is supported by contemporary research that explains the effects of trauma on neurobiological systems, which in turn can produce a spectrum of post trauma symptoms that limit a person's ability to live the life they desire. At the very heart of these limits is the inability to create and/or maintain healthy connection(s) and relationships with self and others.

During our 5 days together, participants process their trauma in Brainspotting sessions, learn about the very real changes in the brain and body created by traumatic events, learn tools that can help shift these changes and through experiences with horses begin the work of rebuilding the ability to form and maintain healthy relationships.

### What time should I arrive?

Registration begins at 1:00 PM at the Seven-Up Guest Ranch. The retreat starts at 2:30. You will need time to settle into your cabin and 15 minutes to complete your paperwork. Please plan your arrival accordingly.

### When does the retreat end?

Thursday around 12:15. Understanding that you may have travel plans, we will provide snacks to go.

### Tell me about the accommodations?

All participants stay at the Seven-Up Guest Ranch in private cabins. Breakfast and dinner will be served in the dining room. [www.sevenupguestranch.com/](http://www.sevenupguestranch.com/)

### Is Airport Service Provided?

No. However, we will provide transportation from Seven-Up Guest Ranch to the retreat sight and back each day.

Please feel free to contact us for more information at 530.620.2760  
or visit our website at [www.windowstomysoul.org](http://www.windowstomysoul.org)

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### What should I bring or wear?

- Closed toe shoes or boots, if possible.
- It can be a little muddy in the winter time so rain boots can come in handy.
- Sun Screen
- Hat
- Bug spray, if flies are uncomfortable for you.
- Weather appropriate jackets. Much of our time will be in a covered outdoor arena.
- Active wear for morning yoga classes.

### Can I bring my own food and beverage?

Breakfast, lunch, dinner and snacks are included in the retreat. Meals begin with dinner on Sunday evening and end with breakfast on Thursday morning. You are welcome to bring your favorite foods and non-alcoholic beverages. Each cabin has a small refrigerator and microwave. Please make sure we understand your food preferences on your application.

### Do I need something to write on and with?

We will provide journals and pens.

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