



Project Overwatch, the Utah Women in Law Enforcement, and the Female Firefighters of Utah have partnered to create a women’s peer network to be hosted in Park City, Utah. Our 2024 retreat will host 40 women first responders from the state of **Washington**. The “Lift, Inspire, Focus, and Empower—LIFE” retreat will be hosted October 6 – 11, 2024. These events will be inclusive of women who are police officers and firefighters from your state. Included at the retreat are the following:

- Trauma Assessments
- Trauma Resources
- Resiliency
- Teambuilding
- Interactive Activities
- Mindfulness
- Family and Trauma
- Leadership
- Single v Married Coping Skills
- Building a Support System
- Networking
- Mentoring
- Yoga/Meditation

If you are interested in attending, please visit the link below to answer the questions required for the selection process. The cost of the retreat is \$1,000 per person. This includes food, lodging, classes and coaching for our programs. This **does not** include airfare and transportation to the retreat center. Our selection committee will notify you by email of your acceptance based on your responses to the questions and the order in which the applications were received. Please know this retreat is limited to 40 first responders. Please complete the application by **April 1, 2024 for consideration**. The application link is as follows: <https://project-overwatch.org/l-i-f-e-womens-first-responder-retreat/>

Should you have any questions, please contact Marcy Hehnlly. We are happy to set up a phone call or virtual meeting to discuss any questions you might have. We look forward to seeing you at our retreat!

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