

A scenic view of a mountain range with autumn foliage, seen through a window with a wooden railing. The view is framed by the window panes and a dark wooden railing in the foreground. The landscape features rolling hills and mountains covered in trees with vibrant autumn colors of orange, red, and yellow. The sky is blue with light, wispy clouds. The overall atmosphere is peaceful and serene.

BRAIN INJURY RETREAT

EVERY AUTUMN - LINCOLN, VERMONT

CO-HOSTED BY:
ZENO MOUNTAIN FARM
& CONCUSSED.

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EVERY AUTUMN - LINCOLN, VT

Co-hosted by Zeno Mountain Farm and Concussed., our annual retreat is designed for those navigating life with a brain injury. Together, we'll create a space centered on connection, healing and joy!

OUR RETREAT EXPERIENCE

- A restorative space to reset and reconnect with yourself and others
- A community built on shared experience
- Opportunities for resource-sharing
- Workshops led by trauma-informed therapists and brain injury survivors covering a wide range of topics
- Afternoons designed to center fun
- Nourishing homemade meals
- A flexible schedule that honors the need for rest and symptom management
- Nights spent in fully accessible yurts and treehouses, with the option of more traditional accommodations for those who prefer it
- An invitation to return every fall!

*Brain Injury (BI) includes, and is not limited to: traumatic brain injury, mTBI, acquired brain injury, stroke, concussion, post-concussion syndrome, persistent concussion symptoms



Our annual Brain Injury Retreat is free to all, fostering an environment where everyone contributes to supporting one another to the best of their abilities.



FOR MORE INFORMATION,
EMAIL CAIT AT
CONCUSSEDCAIT@GMAIL.COM

