

# OUR MISSION

*Rally Point Retreat provides a quiet, safe, and relaxing, rural setting on Nova Scotia's South Shore. A respite for essential services members in treatment for CIS/CSI/OSI/OSIS/PTSD to regroup themselves and reconnect with their families, to prevent further collateral damage from traumatic events.*

RALLYPOINTRETREAT.ORG



REST  
RECUPERATE  
RECONNECT



*Can you tell who is military, RCMP, paramedic?  
PTSD doesn't discriminate:  
Its affects are felt by service people regardless  
of what uniform they wore.*

## RALLY POINT RETREAT

**Bob & Johan Grundy**  
1478 Hwy 3, Sable River, NS, B0T 1V0  
902-223-7358 or  
902-223-7359



SAVING  
THOSE  
WHO  
SAVED  
OTHERS



# THE RETREAT

**Rally Point Retreat sits on 118 acres of mostly wooded paradise. The house is 6700 sqft which consists of two guest bedrooms with two queen size beds and an ensuite each.**

- ▶ Outdoor activities include bird watching, camping, fishing, gardening, hiking, stargazing, swimming and more.
- ▶ Indoor activities include art therapy, billiards, board games, cabin designing, darts, Internet, knitting, working out at the in-house mini-gym, movies and TV, music therapy, painting, reading, woodworking and writing.
- ▶ Guests must be in the care of a Psychiatrist or Psychologist, and in a positive phase of their treatment; not a danger to themselves or others.
- ▶ Guests should be comfortable with dogs. Guests can bring their dog as long as vaccinations are up to date, especially Kennel Cough. No cats or other critters.

# WHO WE ARE HELPING



Others on the fringe of those service fields are on a case by case basis and approved by our board. We will do our best to help all in any way we can, even if it is limited to referrals to other information sources.



*Treasured friend and board member, Vicki Huskison, forever in our hearts, minds, and the very fabric of RPR.*



*Our most trusted staff, Maggie and Sarah welcome you to our home.*

# HOW YOU CAN HELP

## Volunteer With Us:

Donations of time and skills are a valuable asset to Rally Point Retreat. Contact us today to discuss volunteer opportunities:

**902-223-7358 or 902-223-7359**

## Donate:

As a not-for-profit organization, we graciously accept donations. Donations can be made online at: [rallypointretreat.org/donations](http://rallypointretreat.org/donations)

Non profit registration number: 3295936

*Thank you for your support!*

*Bob & John*