

**COMING HOME PROJECT**  
A Retreat for Veterans  
MAY 5-8, 2016 OMEGA INSTITUTE RHINEBECK, NY  
**Retreat Agreement**

*This retreat is a community-building, mutual support, and stress management program. **No psychotherapy or psychological counseling is provided.** The Coming Home Project is a non-profit, non-partisan and non-denominational organization that helps Veterans, Service Members and their families with the challenges of service.*  
Please read and initial, to indicate your understanding of and agreement with each item below:

**Communication**

- We respect and listen to one another's experiences without attempting to change or convert them.
- We express our own experiences without attacking or putting others down, implicitly or explicitly.
- We respect one another's confidentiality.
- We refrain from political discussions and arguments that can become divisive.

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**Proselytizing**

We welcome people of all faiths, as well as agnostics and atheists. Sharing about spirituality, including crises of faith, is fine. However we refrain from proselytizing regarding our own religious or spiritual beliefs and from diminishing the religious beliefs and experiences of others.

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**Pets**

Omega's campus does not allow pets. This allows us to focus on ourselves and those participating with us.

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**Alcohol**

We refrain from bringing and consuming alcohol and non-prescription drugs during the retreat. This conveys our respect for those attending who are in recovery or required by their physical condition and medication regimen to abstain, and fosters an atmosphere where everyone can engage in and benefit from retreat activities.

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**Commitment**

- Significant amounts of services are being provided at minimal cost to you. Out of respect for our investment in you, your full-time attendance at the retreat is expected. If you leave early for any reason the \$75 is not refundable.
- We refrain from leaving the retreat center grounds at any time. This ensures the safety and well-being of all participants.

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**Safety**

- We respect one another’s emotional and physical safety.
- For the safety and comfort of all participants no weapons are allowed at retreats.
- If you have brought a weapon with you to the retreat, please turn it into a Coming Home Project facilitator who can safely store it for the duration of the retreat.

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**Questionnaire**

We want your feedback and ask that all participants fill out program evaluations and surveys.

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**Cell phones / smartphone**

We don’t bring cell phones or PDAs to scheduled retreat program periods. We ask that you minimize their use outside of these times, as well, and consider using only for emergencies.

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**PLEASE NOTE:**

*If, after agreeing to these guidelines, especially those regarding weapons, alcohol and illegal drug use, and endangering the physical or emotional or safety of other retreat participants, you do not abide by these guidelines, you will be asked to leave the retreat immediately and will be ineligible to attend programs for at least one year.*

I have read, understand, and agree to each of these guidelines:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_