



WELLNESS & HEALING

The Wellness Retreat Directory

A Curated List of Retreats for Public Service Retirees Ready to Heal, Rest, and Reconnect

Community-Centered · Experience-Backed · Purpose-Driven

A Note From Geezell

I am not a doctor, a therapist, or a retreat operator. What I am is someone who knows what it feels like to need to get away from your own four walls and be around people who do not need the job explained to them.

This directory is a starting point — real organizations, doing real work, built specifically for people who gave their careers to public service. I have not attended every retreat listed here personally, so treat this as a well-researched map, not a personal endorsement of any single one. Confirm dates, pricing, and eligibility directly with each organization before you commit, since retreat calendars change often.

Retired and Realizing has no financial or sponsorship relationship with any organization listed in this directory. These are independent programs, included because they are real, currently operating, and built for exactly the community this resource serves.

Trauma-Informed & Public Safety–Specific Retreats

These programs are built specifically around the occupational stress, critical incident exposure, and hypervigilance that come with careers in corrections, law enforcement, fire, EMS, and related public service.

First Responders' Bridge Retreat

Who it's for: Active and retired first responders (including corrections and law enforcement) and their significant others.

What to expect: A free, 3-day retreat combining speakers with lived experience, small self-care discussion groups (with a dedicated law enforcement/corrections track), a clinician panel, and voluntary faith-based and meditation offerings. Confidential and expense-free.

Where: Dublin, Ohio (in-person, hotel-based).

Cost: Free — a 501(c)(3) nonprofit program.

Learn more: <https://firstrespondersbridge.org/retreat/>

Shift Wellness Retreats (FR Health)

Who it's for: Police, fire, EMS, dispatch, and corrections professionals, plus dedicated programs for spouses and families.

What to expect: Multi-day retreats focused on stress recovery, burnout prevention, and resilience-building, held at a private retreat center. Options include trauma and resilience retreats, peer support team retreats, and family programs.

Where: Eagle Creek Retreat Center, Idyllwild, California.

Cost: Contact Shift Wellness directly for current program pricing and department-sponsored options.

Learn more: <https://frhealth.com/shift-wellness-retreats-first-responders>

Intensive Trauma Recovery Retreat (Haymarket Center)

Who it's for: Law enforcement, corrections, fire, EMS, dispatch, disaster, and emergency management personnel.

What to expect: A small-group (under 20), multi-day retreat addressing critical incident stress, traumatic stress injury, resilience planning, and suicide prevention, led by first responder-competent clinicians. Not a substitute for ongoing therapy.

Where: Chicago metro area, Illinois; several sessions scheduled across 2026.

Cost: Free — grant-funded through Haymarket Center of Chicago.

Learn more: <https://haymarketcenter.org/retreat/>

HHH Experience — Veteran & First Responder Program

Who it's for: Veterans and first responders seeking a structured healing continuum, not just a single event.

What to expect: A three-phase program (Immersion, Experience, Resilience) combining an initial retreat with equine-assisted work, whole-person evaluation, and ongoing structured follow-up support — designed as an entry point into longer-term healing rather than a one-time reset.

Where: Program-dependent; contact organization for current location and scheduling.

Cost: Contact Holistic Healing and Health Foundation directly; scholarship applications are available.

Learn more: <https://www.holistichealingandhealth.org/retreats>

Horses Healing Humans

Who it's for: Female veterans, female first responders (police, fire, EMS), ER nurses, 911 dispatchers, and their spouses.

What to expect: Equine-assisted healing events where participants co-regulate their nervous system through interaction with horses, followed by community time, conversation, and reflection.

Where: Union Bridge, Maryland.

Cost: Check their events page for current pricing and upcoming dates — this is a smaller, community-run organization with periodic events rather than a fixed retreat calendar.

Learn more: <https://www.horseshealinghumans.org/event-list>

Leadership & Command Staff Retreats

If your public service career included command, supervisory, or executive leadership, this option is worth knowing about even in retirement — many alumni networks stay active long after the badge comes off.

Recalibration Retreat (Law Enforcement Coaching)

Who it's for: Chiefs, sheriffs, and command/executive staff, sworn and non-sworn, across law enforcement, fire, and corrections.

What to expect: A three-day retreat combining group instruction, a personally matched coach, and post-retreat coaching sessions, built for people who carried the weight of final decisions and organizational leadership.

Where: YMCA Camp Casey, Whidbey Island, Washington.

Cost: Paid program (individual and department-package pricing available); check current pricing and dates directly.

Learn more: <https://lawenforcementcoaching.com/retreat/>

General Self-Care & Midlife Retreats

Not every retreat needs a trauma focus. Sometimes what you need is simply rest, joy, nature, and people navigating the same midlife chapter you are — no uniform required in the conversation.

- **Advivum Journeys — "The Re-Imagined Self"** — a small-group retreat in Baja, Mexico built specifically around midlife transitions, incorporating meditation, journaling, and traditional healing ceremonies.
- **Colorado Chautauqua Women's Retreats** — three-night retreats near Boulder, Colorado led by an all-female team, with farm-to-table meals and access to 40 miles of hiking trails.
- **BookRetreats.com and Retreat.guru** — searchable retreat directories where you can filter by "women over 50," "solo travel," and location to find current openings beyond this list.

Before You Book: Questions Worth Asking

- Is this retreat trauma-informed and led by facilitators experienced with public service or first responder culture, if that matters to you?
- Is the cost covered by your department, a nonprofit grant, insurance, or fully out of pocket?
- Is it confidential — will your department or former colleagues know you attended, if that is a concern?
- Does it replace therapy, or is it meant to complement ongoing care you already have in place?
- What is the cancellation and refund policy?

Come Home to the Community

Before you book anything on this list, drop a note in the Retired and Realizing community. Chances are someone has already been, and can tell you exactly what to expect — no surprises, no guessing.

Join the Retired and Realizing Facebook Group:
<https://www.facebook.com/share/g/1EWFR1xcnZ/>