

FAQS

What about computers and cell phones?

Many phones do not work well in the mountains. We will provide you with our landline that you can give to your loved one. We know that moms do not want to be out of touch. Our internet is not fast (life in the mountains) so plan on limited access. This is a time to relax and unplug as much as we can after all.

What will be the exact cost?

Everything but your transportation is covered. Lodging, meals, (no alcoholic beverages), steakhouse dinner, Missoula airport transportation, and raft trip are included. Tuition is \$1495 including the nonrefundable \$250 deposit.

How do I register?

Visit our website at besafelovemom.com/retreats and there you will find a "Register Now" button which will take you to our online registration page.

What if I'm unable to attend after I register?

In the event you must cancel you may cancel up to 30 days before the Retreat. You may also transfer to another person if they wish to buy your spot.

More questions? Visit our website or email Elaine at elaine@besafelovemom.com.

Be Brave and Be Strong!

Elaine



*Create, Relax, Connect,
Retreat, Renew*

IT'S NOT EASY BEING A MILITARY MOM!

Be Safe, Love Mom "Be Brave and Be Strong Retreats" are an encouraging, relaxing and motivating all-inclusive 4 day gathering designed to build you up to be strong on the homefront. Come join us at our beautiful Rubicon Ranch in western Montana on the edge of the Lolo National Forest and near the Clark Fork River. Let us take care of you while we explore ways to "Hold Ourselves Together" as featured in the book *Be Safe, Love Mom: A Military Mom's Stories of Courage, Comfort, and Surviving Life on the Homefront*. Create, relax, make new battle buddy friends, and fight your fears while white water rafting-all to prepare you support your military loved one and bring you joy.

I can't wait to see you here in beautiful Montana!

Elaine Lowry Brye



LIFE AT THE RANCH

We have five rooms designated for attendees in our log home. Rooms have double or twin beds. You will be assigned a roommate since most rooms accommodate 2-3 people. Let us know if you are coming with a friend. We do have one first floor bedroom reserved for someone who has issues with stairs.

We cannot accommodate spouses or children during a retreat but are happy to recommend alternate places for spouses to stay and play while you are attending the retreat. If you are a "couple" we ask that you attend the retreat at different times since the interactions can affect the dynamics of the group.

We are working on a couple curriculum as well as a Mother/Mother-in-law – Spouse program for future retreats.

MEALS

We will provide all meals at the Ranch and visit a local steakhouse one evening. If you have food allergies etc please let us know and we will do what we can to accommodate them.

PACKING LIST

After registration we will send you a packing list. Weather in Montana can be variable so you need to plan for hot and cold but nothing dressy. We are on a ranch after all! Please also bring a photo of your military loved one.

WHAT TO EXPECT

We will meet every morning after breakfast for a group session on different mom related topics, ranging from Letting Go, Finding our Place, to Creating, and Calming our Soul. We will take time after lunch each day for relaxation, optional hikes in the National Forest, massage sessions, and finally on day three a raft trip on the Clark Fork River-either white water or a more relaxing version. Evenings will be spent out at the Campfire, watching movies on our 9x12 screen, or conversing with each other.

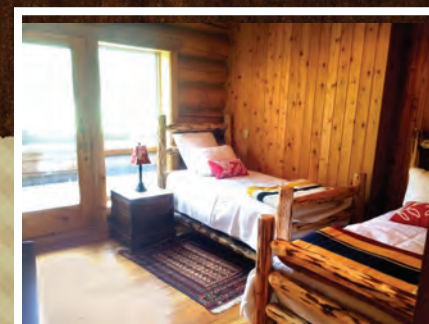
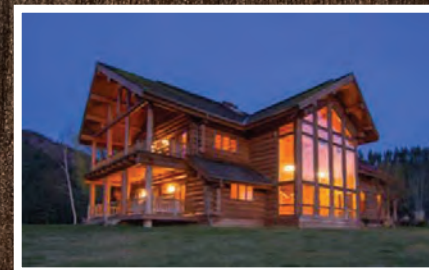
TRANSPORT

Please prepare to arrive by 5:00 PM on the first day of the workshop. There is plenty of parking at the ranch if you are driving. Rubicon Ranch is located 30 miles west of Missoula Airport. (MSO) Other airports relatively close are Butte, Montana (2 hours) and Spokane, Washington. We can provide group shuttles to and from the Missoula airport as part of the retreat cost. We will work with you when you provide your travel details.

Please plan to depart by 10:00 AM on the final day of the Retreat. Missoula downtown has nice shopping if you wish to fly out later. We can drop you off downtown if you want time to shop.

RETREAT DATES

Sept. 23-27, 2016	July 14-18, 2017
May 5-9, 2017	Aug. 4-8, 2017
June 9-13, 2017	Sept. 16-20, 2017



QUESTIONS? VISIT OUR WEBSITE AT besafelovemom.com/retreats
OR EMAIL ELAINE AT elaine@besafelovemom.com.