



## Operation: Tohidu®

Operation: Tohidu® is an experiential and educational retreat designed for a growing population of warfighters living with post-traumatic stress, mild-to-moderate traumatic brain injury, and other service-related traumas. "Tohidu" is a Cherokee word meaning peace of mind, body, and spirit.

At Operation: Tohidu® retreats, veterans focus on confidence-building, outdoor activities, and group discussion in a relaxed, positive environment, learning proven techniques for self-management of symptoms, stressors, and responses.



### Operation: Tohidu® Highlights

- Operated by veterans for veterans.
- A formal diagnosis of PTS(d) is not required.
- 10-16 participants per retreat.
- Retreats are held monthly (September to May).



The retreats are held at Melwood's 108-acre Recreation Center in Nanjemoy, Maryland, a town named after a Native American tribe. In this peaceful and secluded environment, participants connect with nature and their fellow warriors to become educated about alternative techniques to better manage anxiety and post-traumatic stress. Guests participate in a combination of educational and experiential activities using an adventure-based counseling model and the challenge-by-choice principle. They are not forced to participate in challenges, but are encouraged to attend to support fellow participants.

We welcome veterans and active duty service members from anywhere in the United States. Anyone who has been diagnosed or is self-reporting with post-traumatic stress or other service-related trauma is eligible to attend.

The 5-day retreat is free of charge to veterans and active duty service members, including accommodations and travel.



## Experiential Learning Retreats

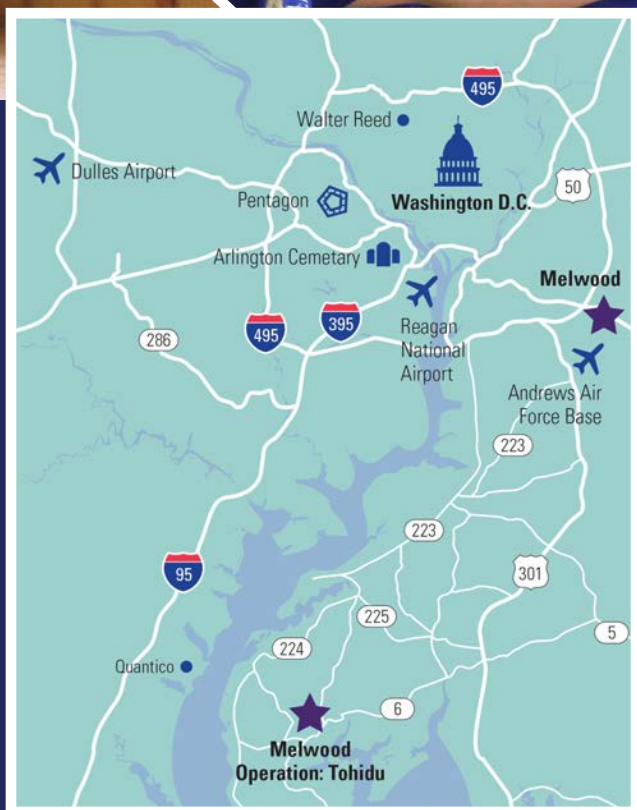
Melwood Veterans Services offers retreats for men, women, and couples. Our goal is to help participants transition to life outside the military by teaching coping strategies and skills they can use to move forward successfully at home and in their communities.

**Retreats for Men** – Open to all male veterans from any era of service, regardless of time-in-service, who are suffering from service-related trauma.

**Retreats for Women** – Open to all female veterans from any era of service, regardless of time-in-

service, who are suffering from service-related trauma.

**Retreats for Couples** – Open to all veterans and their partners who are struggling with the effects that service-related trauma may have on their relationship and/or family.



### Take the Step: Apply Today

Melwood Veterans Services' Operation: Tohidu® is helping wounded warriors overcome obstacles to their recovery and supporting their successful reintegration into everyday life.

Think you can conquer our challenge courses that teach trust and teamwork? Apply online today and challenge yourself!

[www.OperationTohidu.org](http://www.OperationTohidu.org)  
[tohidu@melwood.org](mailto:tohidu@melwood.org) | 301-599-4550



## **Sponsor a Warrior**

Your donation can help continue this program. To contribute, please visit [www.OperationTohidu.org](http://www.OperationTohidu.org).

## **Sponsor Opportunities**

As a sponsor, a number of special volunteer and recognition opportunities are available. Explore the sponsorship levels below and contact Melwood at 301-599-4550 to discuss sponsorship for this transformative program.

### **\$75,000**

Homecoming Sponsor  
*Supports 20 Veterans*

### **\$37,500**

Patriot Defender Sponsor  
*Supports 10 Veterans*

### **\$18,750**

Liberty Sponsor  
*Supports 5 Veterans*

### **\$7,500**

Providence Sponsor  
*Supports 2 Veterans*

### **\$3,750**

Clean Slate Sponsor  
*Supports 1 Veteran*



Please visit  
[www.OperationTohidu.org](http://www.OperationTohidu.org)  
to contribute.