



FOR IMMEDIATE RELEASE - OCT 13, 2020

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NEW LOCAL NON-PROFIT ADDRESSING TRAUMA CELEBRATES GROUNDBREAKING

Trauma is prevalent and can have a devastating effect on our community. Resilient Retreat is here to assist those who experience and witness trauma to heal and thrive.

Sarasota, Florida (Oct. 13, 2020): Resilient Retreat, a new Sarasota non-profit with a holistic, evidence based and innovative approach to helping those impacted by trauma and abuse is proud to announce its groundbreaking **October 30, 2020**.

Free evidence-based and confidential services to heal the mind, body, and spirit are the cornerstone of this unique non-profit for survivors of abuse, sexual assault and domestic violence, first responders, and helping professionals who witness violence in their workplace. A variety of interdisciplinary workshops and trainings, based on the latest research in healing trauma, are currently being offered on a drop-in and virtual basis while the organization awaits the construction of a state-of-the-art retreat center slated for completion in 2022. Once construction is complete, peaceful multi-day retreats focused on healing the entire person will provide participants with the necessary tools to not only survive after witnessing or experiencing trauma, but to thrive. These healing retreats will be housed on their 84-acre property of stunning conservation land in eastern Sarasota County. While at the Retreat Center, attendees will have the opportunity to engage in a variety of evidence-based treatment modalities like neurofeedback, yoga, meditation, massage, time in nature, gardening and support groups and to learn ways to enhance their self-care skills through workshops on healthy cooking, journaling, and other beneficial activities.

To commemorate the groundbreaking of this special construction project and to celebrate the important work of Resilient Retreat, we are pleased to announce our **“Road to Resilience”** drive-in movie event on **October 30**. This special (socially distanced and family friendly) evening will include a screening of the classic film *The Wizard of Oz*, costume and pumpkin decorating contests, food trucks, a driving tour of the property with information on their services, and lots of fun. “*The Wizard of Oz’s* theme of empowerment truly resonates with the mission of Resilient Retreat. The Drive In Movie showing of this classic is a perfect way to celebrate the life changing services that are offered by Resilient Retreat and to invite our community to become a part of our mission of healing”, said Lisa Intagliata, Executive Director.

For more information about services and mission of Resilient Retreat or to purchase tickets to the Drive in Movie Groundbreaking Celebration, please visit our website at www.ResilientRetreat.org or call (941) 343-0039.

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