



The Brothers Supporting Brothers Wellness Retreat is a brand-new event aimed at providing a supportive, healing, and nurturing environment for men. This retreat is especially dedicated to helping those who are facing adversity and challenges in their lives.

The retreat will offer a variety of activities and resources focused on promoting spiritual, physical, mental, and emotional well-being. Participants will have the opportunity to engage in workshops, seminars, and group sessions that address important issues such as building self-confidence, dealing with stress and trauma, and developing healthy relationships.

This retreat recognizes the importance of friendship and brotherhood in difficult times. It aims to create a community of support and encouragement, where men can find comfort, guidance, and reassurance. By connecting with others who face similar struggles, participants can realize that they are not alone and that there is strength in unity.

Through this retreat, men will have the chance to build lasting friendships and receive support to help them navigate their challenges and ultimately grow into strong God fearing and resilient individuals. As the proverb says, "A friend loves at all times, and a brother is born for a time of adversity" (Proverbs 17:17).

This retreat truly embodies the spirit of this verse by providing a safe and loving space for men to lean on one another during difficult times.