

Veterans and their families find solace at a retreat that offers help in Black Mountain

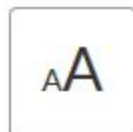
by John Le | Monday, April 30th 2018





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 10 photos

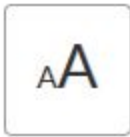


BLACK MOUNTAIN, N.C. (WLOS) – This week, veterans with post-traumatic stress disorder (PTSD) and traumatic brain injuries (TBI) are finding solace in the mountains of Western North Carolina.



 **Project Sanctuary** 
on Friday

APRIL 27- MAY 2, 2018
RETREAT
#145
BLACK MOUNTAIN, NC



Project Sanctuary is a retreat that helps them retool for a personal battle that impacts the whole family.

"Get our minds straight from the troubles we have, as far as PTSD/TBI," Jeffery Redman, an army veteran and Purple Heart recipient, explained. "It's a wonderful weekend we have with our family to just come and relax."



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The retreat is being held at the YMCA Blue Ridge Assembly from April 27 – May 2. Along with outdoor activities, families have access to counseling and other helpful services.

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"Places like Project Sanctuary, they give us resources, and they give us the ability to learn how to communicate better and have better skills," wife Melissa Redman said. "Just more tools for our toolbox."

In 2006, a mortar attack in Iraq changed Redman's life forever. He was diagnosed with PTSD a couple of years later.

"There are some nights I wake up shaking, there are some days I sit up in the bed speaking Arabic again," he described.





On a gorgeous spring day in the mountains, the mood is light.

"Alright, shooters, you may pick up your bows," we heard Monday morning as participants took time for a little archery.



Project Sanctuary was founded in 2007. This year, [the organization will offer 30 retreats to military families around the country](#). Their goal is to help reconnect families impacted by post-traumatic stress and TBIs.

Along with loved ones, Redman's found a special friend in service dog Malachi.

"Helps me when I fall, he actually braces and picks me up. He is also for PTSD and TBI. Without him, I'd probably still be in the house and not be able to leave," he said.

This trip to the mountains helps veterans find hope, surrounded by peers and loved ones.

"I'm his silent battle buddy, and you just stick together," Melissa said.



[wlos.com/news/local/veterans-and-their-families-find-solace-at-a-retreat-that-offers-help-in-black-mountain](https://www.wlos.com/news/local/veterans-and-their-families-find-solace-at-a-retreat-that-offers-help-in-black-mountain)