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## Regaining Balance

RegainingBalance is a non-sectarian outreach program of [Mountain Gate-Sanmonji](#), a Zen Buddhist community in northern New Mexico. The program is **free** to both women veterans diagnosed with PTSD and women partnered with veterans with PTSD.

Retreats are small, and staffed by women volunteers whose training and professions make them especially qualified to be of service in these healing retreats.

During each retreat, participants learn meditation practices specifically shown to help calm the nervous system, take part in quiet, grounding day hikes in the nearby wilderness, have a chance to practice art as healing therapy, and have the opportunity to be with other women vets and women partnered with vets diagnosed with PTSD.

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## Details

**Genders:** Females

**Payment Options:** Free

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## Services

Behavioral Health Assessment & Treatment

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## Locations

*124 County Road 73  
New Mexico, NM 87521*

**Phone:** (505) 218-7836

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## Parent Organization

### Regaining Balance

Our mission is to help women veterans diagnosed with PTSD and women partnered with veterans with PTSD learn and practice skills that they can use to help themselves to reduce post-traumatic stress

*124 County Road 73  
Ojo Sarco, NM 87521*

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**Type:** *Nonprofit*

<http://regainingbalance.org>