



Be the **CHANGE** IN MENTAL HEALTH

Women's Mental Wellness Retreat: **You do not have to be sick to want to be well** ***Attain wellness tools for a joyous Holiday Season***

When: December 4 (1:00 pm) - December 7, 2023 (12:00 pm)

What: Ketamine Assisted (Group) Therapy to attain mental wellness, gain tools to attain and maintain mental vibrancy, cultivate resilience, and find innate inner strength

Where: Bishop's Ranch, Healdsburg, CA

Why: Because with a guided group experience and the psycholytic/psychedelic effects of ketamine, we can achieve mental wellness and create new paths to happiness and peace

Who: Founder of Be the Change in Mental Health (BTC) Dr. Marisha Chilcott MD and Dr. Cammy Michel PHD

Details: Single and double occupancy available at the historic Bishop's Ranch in spectacular Sonoma County wine country. All meals are included. Yoga classes available at no additional charge. Group therapy sessions will be conducted by trained, licensed staff. MD and RN will administer and monitor medicine sessions. Sacred space will be confidential and safe.

Cost: \$3500 single occupancy

\$2500 double occupancy *10% discount offered to First Responders and Veterans*

Space is limited!

Please contact BTC at 707-800-7568



www.btomentalhealth.org

