

## Much-needed Relief for Several Military Families

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It's a weekend of much-needed relief for some military families. They spent the last several days at a retreat in Divide, CO. News First's Abby Lane has the story



A steep hill and fresh snow makes a fun afternoon of sledding for several kids and even a few kids a heart.

While just inside the Golden Bell Camp & Conference Center in Divide, some peace and quiet for their moms and wives.

It's a weekend of stress-relief for these military families. "It's hard to go from being two to doing everything by yourself," said Brooke McCullough after a pedicure. Her husband is in Iraq on his third deployment. Though it's never easy, this is a nice break for McCullough and her two children.

"Deployments are such hard times on everybody - physically, mentally, emotionally," she said. "The change of scenery and just kind of getting away from everything, especially this far into the deployment when it's all starting to feel like the walls are crashing down."

The spouses also attend groups where they talk about what to expect when their soldier comes home and give each other advice. "We hope that they feel more ready to deal with the things that they're going to find waiting for them at home, that they are more relaxed," said Donna Finicle, the founder of Welcome Home Warrior, a non-profit that helps veterans from Iraq and Afghanistan and their families, and the group that organized the retreat.

"If there's not enough understanding about the kind of problems coming home from the battlefield, families are breaking up and couples are divorcing," she said.

Finicle hopes giving them information sooner, and a time to relax, will help.