



HIR WELLNESS INSTITUTE  
MOBILE MENTAL  
HEALTH CLINICS

# Helpers & Healers Retreats



## Recenter and Renew

Our Helpers and Healers Retreats are designed to care for and restore the emotional well-being of the people who give so much of themselves to others. In these restorative retreats, we combine evidence-based mental health support with creative, cultural, and wellness practices to address the unique challenges of stress, burnout, and compassion fatigue. Through services specifically curated for each group, participants learn practical tools for both prevention and recovery. H&H Retreats are an investment in creating lasting cultures of care within organizations, strengthening resilience, deepening connection, and ensuring that helpers and healers can continue their vital work with sustainability, compassion, and fulfillment.



## Helpers & Healers Retreat Services

**Retreats are tailored and may include a combination of:**

- Mental Health-Focused Sessions (Stress, burnout, trauma-informed care)
- Art Therapy
- Sound Healing and Reiki Sessions
- Guided Meditation and Mindfulness Practices
- HeartMath Emotional Regulation Sessions
- Culturally-Specific Healing Circles
- Team-Building and Relational Resilience
- Occupational Therapy for Self-Care and Burnout Recovery
- And More!

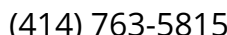
# Helpers & Healers Retreats

## Specifications and Cost Summary

Retreat Size	2 Hours	Half Day (4 Hours)	Full Day (8 Hours)	What's Included
<b>Small</b> (5-10 Participants)	\$1,500	\$2,625	\$4,750	2-4 healing sessions, materials, setup, and coordination
<b>Medium</b> (11-25 Participants)	\$2,250	\$4,000	\$7,000	3-5 healing sessions, materials, setup, and coordination
<b>Large</b> (26-50 Participants)	\$3,500	\$6,000	\$10,000	4-6 healing sessions, workshop materials, setup, and coordination

## Add- On Options:

Add-On	Rate
Retreat Journal/Materials Kit	\$15-\$25 per participant
Extended Day (8+ Hours)	Additional \$750/hr
Overnight Facilitation	Custom pricing available



## Additional Travel & Out-of-Town Fees:

(Applies to any retreat more than 30 miles outside of the Milwaukee metro area)

- Mileage Billed at current IRS rate (\$0.67/mile)
- Per Diem (per staff/day): \$65/day for meals and incidentals
- Lodging (if overnight): Up to \$175/night per staff member or actual cost
- Travel Time Fee: \$65/hour per staff (if travel exceeds 1.5 hours one way)
- Extended Setup/Breakdown: \$100/hour (If access required day before or after)

## Sliding Scale Options

- Nonprofit, Tribal, and School Partners may be eligible for customized packages or sliding scale pricing based on scope, funding, and geographic need.
- Retreats may be tailored to meet specific community needs, including youth-centered wellness events, survivor-focused healing spaces, and culturally specific programming.
- Sliding scale options may be offered for community-based or grassroots groups with limited resources.

## Custom Packages

We understand that every group has its own needs, goals, and rhythms, which is why our H&H Retreats are fully customizable. Whether you're envisioning a recurring series for ongoing support (with special pricing available), a large, multi-day gathering to immerse your team in deep restoration, or a tailored experience built around your unique focus, we can design it with you. Choose from group-specific designs, such as survivor-centered, professional development, or management team retreats, or theme-based sessions like burnout prevention, grief support, stress relief, identity affirming, or culturally specific healing. Every retreat is curated to best support you and your group.



**"We are really healing  
when we feel we belong  
to a people"**

-Lea S. Denny, Dr. h.c., MS,  
LPC, NCC, NMT



# **Community Mental Health in Action**

Mobile.  
Trauma-Informed.  
Culturally Grounded.



**100% of the proceeds from contracting our Helpers & Healers Retreats and other Mental Health Without Borders services go directly to providing comprehensive mental health care for victims of crime and survivors of violence at the HIR Wellness Institute. By partnering with us, you're giving your community access to essential mental health support, screenings, and more, while also ensuring care reaches those who need it most.**

**Find out more about taking care of your community with a Helper & Healers Retreat**

**Connect with:**

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