

WOMEN'S EDUCATIONAL & HEALING RETREATS, INC.

Welln

people

Healing invisible wounds, teaching women to get well.



CLAUDETTE A. COPELAND  
FOUNDER & VISIONARY

WELLNESSCENTERSA.COM

# About wehn



The Women's Educational and Healing Retreats Inc. (W.E.H.R) is a 501c3 nonprofit, educational and healing entity. Our mission: Healing Invisible Wounds; Teaching Women (and some courageous Men) How to get Well.

"You have carried enough. Let's set it down. There comes a point when pushing through isn't strength --- it's merely survival. And just maybe you have been surviving far too long. Pain doesn't disappear just because we keep moving. Grief doesn't shrink just because no one asks about it anymore. Healing isn't about pretending "it" didn't happen—it's about having the space to respond to the Spirit's invitation. Acknowledge truth. Feel It. Set down the burden. Be held and comforted. And finally live safe and free. If this speaks to you --- even a whisper ---you are not alone."



**Our vision** is to ensure a world where women are emotionally whole, spiritually grounded, and supported by communities that nurture healing and resilience.

Through transformative teaching and restorative experiences, W.E.H.R seeks to cultivate generations who break cycles, rise in strength, and live free—healed and well.

**Our mission** is to empower women—and the courageous men who walk alongside them—to heal invisible wounds and reclaim whole-person wellness. We provide trauma-informed education, restorative retreats, and compassionate community that help individuals lay down what they've carried for too long and learn how to get well in mind, body, and spirit.





## Our Philosophy

*There comes a point when pushing through isn't strength—  
it's merely survival.*

And perhaps you have been surviving far too long.

Pain doesn't disappear simply because we keep moving.

Grief doesn't shrink just because no one asks about it anymore.

Healing isn't about pretending it didn't happen.  
It is about having space to respond to the Spirit's invitation:

- **Acknowledge truth**
- **Feel it**
- **Set down the burden**
- **Be held and comforted**
- **Finally live safe and free**
- **If this speaks to you—even as a whisper—you are not alone.**



# Our Concept

A Wholistic path to healing utilizing.

## TIME AWAY.

Short in-residence retreats in peaceful spaces.

*"The enemies of wholeness are hurry, noise and crowds"*

## TALK.

Safe, truth telling conversations. Not therapy-speak or small talk.

*"Confession is good for the soul; Listening is moral learning for the spirit."*

## TEARING OPEN.

Catharsis. Release without hiding. Tears. Laughter. Silence. Revelation.

*"Secrets and shame are the devil's workshop."*

## TENDING.

Nourishment for body and spirit. Your nervous system gets to exhale.

*"Gentle touch, peaceful surroundings, rest, and care that goes deeper than words."*

## TEACHING.

Guidance from subject matter experts who have walked through the fire and learned lessons worth teaching.

*"Spiritual, academic and life-led wisdom to renew your journey."*

## TURNING.

Decisions and support for lasting change. Not just a retreat, it's a return.

*"Courageous next steps toward a life with more joy and less pain."*

# Healing Retreats



## Our Healing Retreats

Every Autumn, we retreat somewhere in God's beautiful world. No pressure. No commitment.

*Just a quiet "yes."*

Our retreats are designed to create safe space for truth-telling, rest, reflection, and renewal—honoring the body, mind, and spirit as sacred.

Are you interested in coming with us?





# Wellness Promotion

pn

## **Many carry illness in their bodies—**

*illness born of trauma, stress, fear, poverty, generational patterns, or lack of access to care.*

- Some die prematurely because they fear the medical system.
- Some suffer due to financial hardship, poor nutrition, or lack of quality healthcare.
- Some live with undiagnosed hereditary diseases (such as sickle cell anemia).
- Others live with socially stigmatized illnesses (such as AIDS).
- Many endure stress-initiated lifestyle diseases (such as obesity).

When life is pain, the body cries out—and our children often inherit our lifestyles of sickness and disease. You can be the difference between a good life and a premature death.

***The body is our instrument to do good in God's world. Let us care for it. Partnerships & Impact***

## **We have partnered with more than 200 agencies, including:**

- University Health System
- University of the Incarnate Word
- Baptist Health Systems
- The Black Heart Association
- Texas Kidney Foundation
- Beat AIDS
- San Antonio Food Bank
- And many others







# Partner with us

If you or your organization are interested in partnering with W.E.H.R through financial sponsorship, volunteer engagement, or an on-site presence at one of our Wellness Promotions, we invite you to connect with our Director, Tiffany Cross, to provide partnership details, upcoming opportunities, and ways your organization can make a meaningful impact in the communities we serve. Please contact her at [wellnesscentersa@gmail.com](mailto:wellnesscentersa@gmail.com) to begin the conversation.

WOMEN'S EDUCATIONAL & HEALING RETREATS, INC.

Wehr

Healing invisible wounds, teaching <sup>people</sup>  
<sup>^</sup>~~women~~ to get well.



WELLNESSCENTERSA.COM