



Big Bear 2026

Female First Responders

Weather
Crisp & Cool
Refreshing

Date:
10/14-10/17 2026



Treatment Modalities



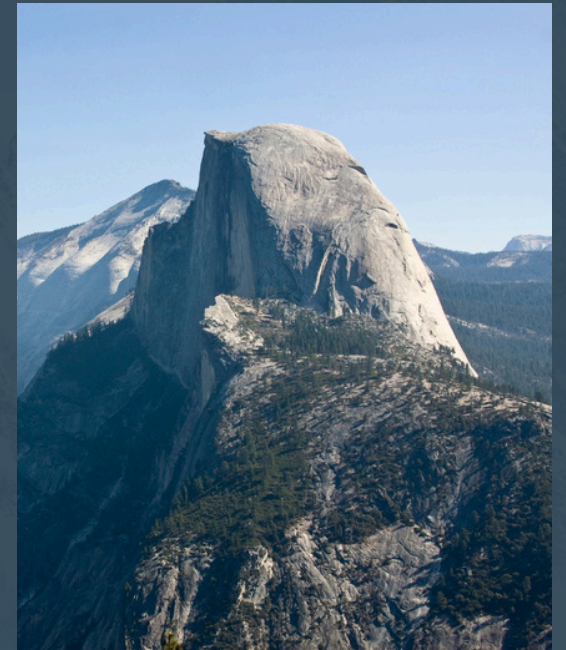
EMDR



Group Therapy



**Sound Bath &
Forest Bathing**



**Contemplative
Spiritual Practices**



Treatment Dates



FITCollective is offering more than just a four day clinical retreat. We have thoughtfully curated a short term therapy cohort experience that includes one 90 minute clinical intake with a licensed psychologist, 10 group therapy sessions, and a collection of holistic and somatic experiences.

Preparation Group Circles (virtual)

1. Wed 09/23/26 7-8:30pm PST
2. Wed 09/30/26 7-8:30pm PST
3. Wed 10/07/26 7-8:30pm PST

Retreat Group Circles (in person – retreat)

4. Wed 10/14/26 7-8:30pm PST
5. Thur 10/15/26 7-8:30pm PST
6. Fri 10/16/26 7-8:30pm PST
7. Sat 10/17/26 9-10:30am PST

Integration Group Circles (virtual)

8. Wed 10/21/26 7-8:30pm PST
9. Wed 10/28/26 7-8:30pm PST
10. Wed 11/04/26 7-8:30pm PST

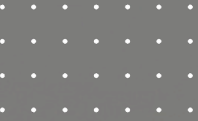


Clinical Cohort & Retreat Includes:

- *Clinical intake with a licensed psychologist
- *10 EMDR group therapy sessions

The in-person retreat will include the following:

- *Four days and three nights of lodging
- *Fresh onsite cooking
- *Introduction to somatic and holistic healing modalities
- *Space for solitude and reflection
- *Exploration of art and contemplative spiritual practices
- *Immersion in nature





Finances & Payment

FIT Collective is dedicated to advancing innovative care and expanding access to cost-effective therapeutic services for first responders and veterans. The Big Bear 2026 Cohort is our most cost-effective option, with payment covering all services including: lodging, catered meals, clinical services, and holistic activities.



3 Payment Options:

PAYMENT IN FULL:

If you are able to pay in full, the total cost of the retreat (\$2400) is due by July 15, 2026

INSTALLATION PLAN:

1st payment due June 1st, 2026 in the amount of \$1300.

2nd payment due August 1st, 2026 in the amount of \$1300.

Total payment = \$2600

SCHOLARSHIP:

We have been provided with generous donations from our supporters and can offer a partial scholarship for anyone currently experiencing financial hardship. To apply for a scholarship, please email Dr.Massimino@ymail.com.



Who should apply:

The retreat is designed for California or New York residents who are currently stable, without recent or current suicidal ideation, and not experiencing significant substance use concerns. The Big Bear 2026 cohort will include six female participants and will be supported by three female clinical staff members. Participants will be receiving a significantly discounted rate on therapeutic services, and scholarships are available.

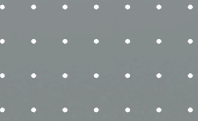


Seeking Connection

The Big Bear 2026 therapy group experience is curated and designed to build and integrate:

- connection to self
- connection to others and community
- connection to God, Spirit, Great Mystery
- connection to nature and creation

These four elements lay the groundwork for integrative and holistic healing.



Take the next step

If you are interested in taking the next step, please
email your interest to:

Dr.Massimino@ymail.com

