

### **General Information About Hope Springs:**

Hope Springs has a no shoes policy in all buildings, so bring shoes that are easy to slip on and off. You're welcome to bring indoor slippers or shoes. Slipper socks and indoor slippers can be found in each bedroom. Cell phones do not work at Hope Springs; however, there are two phone lines you can use located in the office.

There is a walking trail through the woods, so bring socks, long pants, long sleeve shirts, bug protection and shoes that support you on rough terrain and are waterproof. Flashlights are provided.

All bedding, towels, hair dryers, shampoo and shower gel are provided. Robes are also provided for each participant.

The facility is wheelchair accessible, and walkways and ramps allow easy access. If you need a scooter to get around, be sure to note that during your facilitator interview.

The meals at Hope Springs are delicious cuisine, featuring both animal protein, vegetarian and gluten free options. Other special dietary restrictions or needs must be indicated on your registration form and the kitchen staff will do everything possible to meet your specific needs. Fresh water, juices, coffee and tea, half and half and soy milk will be supplied all weekend long for you.

For more information about Hope Springs, visit their website at [www.hopespringsinstitute.com](http://www.hopespringsinstitute.com)

### **Travel to Hope Springs:**

Hope Springs is located in the solitude of the foothills of the Appalachian Mountains in the small rural southwestern Ohio town of Peebles. Cincinnati airport (which is actually in Kentucky) is about 75 miles away; Columbus airport is about 100 miles away, but you may find cheaper fares here (travel time is roughly 2 ¼ hours).

**Please pay particular attention to the arrival and departure policies below before making your travel plans.** Travel time to Hope Springs is about 90 minutes from the Cincinnati Airport and slightly more than 2 hours from the Columbus Airport. We recommend all participants carefully plan travel to arrive at Hope Springs no later than late morning on Friday and plan to leave Hope Springs on Sunday no earlier than 3 p.m. on Sunday. If you cannot accommodate your schedule to arrive and depart at these times, you are advised not to register. Late arrivals miss important orientation information, and we ask that all participants plan to stay until the end of the weekend on Sunday to allow you sufficient time for closure.

### **Staying at Hope Springs Before or After the Weekend:**

Participants are not allowed to stay at the Hope Springs venue either Thursday or Sunday nights. Participants whose only travel option requires them to arrive on Thursday or to stay

until Monday are advised to book lodging near the Columbus or Cincinnati Airports, where there are a number of budget and mid-priced hotels available.

### **Transportation Coordination**

After you have registered and been accepted for the weekend, your name and email address will be provided confidentially to our webmaster, who will provide you access to the MenHealing Transportation Board. **It is important that if you would like to participate in the transportation bulletin board, the email address you provide must be the same as the email address you indicate on your registration.** On the board, you will then have access once you sign in to talk with others who are planning on attending the Hope Springs Weekend so you can offer to share or give rides to those needing help in getting from the airport to the Center. To protect your confidentiality, this part of the bulletin board will only be able to be accessed by those registered for this specific Hope Springs Weekend, and by the WOR Manager. If you share a ride, please be respectful and offer assistance with paying for gas.

### **ANY QUESTIONS:**

**Questions can be directed to [events@menhealing.org](mailto:events@menhealing.org)**