



The Merritt Center - P.O. Box 2087, Payson, AZ 85547

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The Merritt Center and Lodge: A Retreat Center was founded in 1987 by Betty Merritt and is dedicated to individual and group renewal and empowerment. Retreat programs are held in a charming rustic lodge tucked away in the rural community of Payson, Arizona; endowed with a rugged inheritance of mountains and trees (elevation 5,000 feet): healthy meals, hiking, hammocks, hot tub, and clean mountain air. Therapeutic body work and forest walks are specialties of the Lodge. Located 90 miles north of Phoenix, a beautiful 1 1/2 hour drive from Sky Harbor airport through spectacular desert mountain terrain to one of the largest stands of Ponderosa pine in the world. All programs are limited to fewer than 30 participants; double/single occupancy rooms; private and shared baths.

Our Purpose: We are a non-profit organization dedicated to providing education in renewal and empowerment via classes, workshops and experiential programs in a climate conducive to personal and organizational growth. Ideal setting for persons and organizations in transition.

Flyers and current Newsletter available for download on www.MerrittCenter.org website.

- **FREE Men's & Women's 7-Day Program for Returning Combat Veterans**
- **FREE Men's 4-Weekend Retreat for Returning Combat Veterans**
- **FREE Women's 4-Weekend Retreat for Returning Combat Veterans**

BETTY MERRITT'S BIO

Born and raised in Texas, attended Baylor, lived in Oklahoma, Kansas, New Jersey, Connecticut, Illinois, Michigan before coming to her senses in Arizona.

Worked in the computer field from technician to systems analyst to vice president of sales for the world's largest data processing services organization. Was on the leading edge of human resource management: exploring partnering - beyond team building.

Founded the Merritt Center in 1987 as the culmination of her dream to provide a space for people to experience renewal and empowerment; to learn and grow.

Consultant to the Mesa Arts Center, Mesa Parks and Recreation Division, Changing Hands Bookstore, and other organizations facilitating transitions and participatory management teams.

Speaker to many organizations including: the BIA, Resources for Women in Tucson, ASU Solid Program, Headstart, Optimists, Lions Club, and other civic groups. Keynote speaker for the Wellness Forum in April, 2000. Closing speaker for the NABVETS, November 2009. Kick off speaker for a Regional VA Nurses conference March, 2010. Speaker for National Nurses Organization of the Veterans Administration, July 2011. Speaker for Nurses Recognition Day at the VA May 10, 2012.

Creator of many workshops and programs including: Women Journey, Empowerment Coaching, Couples-Growing Together, Silent Wisdom Quest, Spiritual Fasting. Led Stress Management for Hospice Volunteers for ten years. Created Stress Release Group 10 week series in 2010 and 2011. More than 2,500 people have experienced her workshops. HEATH, a national magazine, featured her Vision Quest April 1998.

In 2005 created a Free program for returning combat veterans to aid in reentry to civilian life and in the last seven years held eight programs for male vets and six programs for women vets - each consisting of four retreats. Created an on line and hard copy workbook for combat veterans: Basic Training for Life. The Arizona Republic and The Payson Roundup have carried several articles about this work. See the YOUTUBE PSA: "It's No Secret" on the homepage of the website: www.merrittcenter.org

Created a body work technique: KIATSU, based on Shiatsu - incorporating breath, toning, Process Oriented Acupressure and other energy releasing methods. She has taught Kiatsu to therapists since 1989. Completed Healing Touch Training June 2000 AND certified as a Healing Touch Practitioner in January 2001 and renewed that certification in 2005 and 2010. Hosted and coordinated Healing Touch classes at The Merritt Lodge for the last 15 years. Worked with many clients using Kiatsu/Healing Touch in her process work since 1994.

Created and led Stress Release Sessions using the techniques learned in the program for Professionals at the Mind Body Medicine Institute.

Served three terms as President of the Board of Directors for The Payson Center for Spiritual Awareness - a non-denominational, non-profit, new thought center. Was ordained as a New Thought Minister in September 2005 and is known as Reverend Grandmother.

Served as President of The Merritt Center Board, a non-profit, 501C3 organization, since 1993.

With, Al, her husband since 1972 she shares four children and nine grandchildren and five great grandchildren.



FREE 7 Day Program for Vets Returning from Combat

**A program of seven days basic training
for integration and civilian reentry
in Payson, AZ**

Check flyers for current dates (website)

**Call 928-474-4268 for application
www.merrittcenter.org**

The Merritt Center, a non-profit organization, offers a free 7-day program, beginning with a welcome-home talking circle: learning about the cycle of life, releasing the experience of war, and creating the dream of a new life. With veteran mentors in group sessions, returning vets will: recognize and release triggers of combat experience and reorder priorities; release the toxins of mind, body, emotions and spirit through a peer created ceremony; have a therapeutic massage or an emotional clearing energy session; and conclude with a graduate celebration.

Funded in part by the Arizona Department of Veterans Services
as made available through the Arizona Veterans' Donations Fund.

Supported by AZDVS



**MERRITT CENTER VETS
HELPING VETS RETURN**

Payson, AZ

**The Merritt Center Veteran Program
Basic Training for Life**

**For more information or application:
www.merrittcenter.org
800.414.9880 • 928.474.4268**



Free Welcome Home Men's Retreat for Returning Combat Vets

A four-weekend (Friday-Sunday) program of basic training for integration and civilian reentry, in Payson, AZ. Call 928-474-4268 for info.

Check flyers for current dates (website)

www.merrittcenter.org

The Merritt Center, a non-profit organization, offers a free 4-weekend program, beginning with a welcome-home talking circle: learning about the cycle of life, releasing the experience of war, and creating the dream of a new life. With veteran mentors in group sessions, returning vets will: recognize and release triggers of combat experience and reorder priorities; release the toxins of mind, body, emotions and spirit through a peer created ceremony; have a therapeutic massage or an emotional clearing energy session; and conclude with a graduate celebration.

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**MERRITT CENTER VETS
HELPING VETS RETURN**

**The Merritt Center Veteran Program
Basic Training for Life**

**For more information or application:
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800.414.9880 • 928.474.4268**

PAYSON, AZ



Free Four Weekend Women's Program For Vets Returning Combat Vets

**A four-weekend (Friday-Sunday) program of
basic training for integration and civilian reentry, in Payson,
AZ**

Check flyers for current dates (website)

Call 928-474-4268 for info.

www.merrittcenter.org

The Merritt Center, a non-profit organization, offers a free 4-weekend program, beginning with a welcome-home talking circle: learning about the cycle of life, releasing the experience of war, and creating the dream of a new life. With veteran mentors in group sessions, returning vets will: recognize and release triggers of combat experience and reorder priorities; release the toxins of mind, body, emotions and spirit through a peer created ceremony; have a therapeutic massage or an emotional clearing energy session; and conclude with a graduate celebration.

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**The Merritt Center Veteran Program
Basic Training for Life**

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The Merritt Center's Veterans' Testimonials

Men Vets' Testimonials

Axxxxxx

I came to the Merritt Center as a mentally exhausted, ready to end it all combat veterans. Through the dedicated efforts of Betty Merritt and the Vet Mentors, I was provided the opportunity and the knowledge to move forward in my journey of healing, and my life has been forever changed as I now truly enjoy this blessed life.

Mxxxxxx

It is a beautiful thing to be part of the healing that occurs at the Vet Retreat Program. The camaraderie and bonding that happened during the Death Arrow Release ceremony were profound.

Women Vets' Testimonials

Nxxxx

At the Merritt Center I've learned that it is safe to trust, accept, and value myself just the way I am, independent of what I do. I feel my own value more than at any other time in my life.

Jxxxx

The Merritt Center changed my life. When I first came here I had just gotten out of the VA psych ward for attempting suicide. The Merritt Center put me back on track, gave me the courage and energy to deal with my shit and empowered me to find my place and purpose in this world. I am myself again.