



# Retreats & Professional Development

AT MONTVALE SPRINGS



# Welcome!

WE ARE EXCITED TO WORK WITH YOU

Thank you for considering Montvale Springs - we are excited to work with you! Our Retreats and Professional Development packet is designed to provide information and expectations on working with Harmony Family Center's historic Montvale Springs property for your event or training.

Harmony is a leader, creator, and provider of innovative programs and therapeutic services designed to support the healing and growth of our communities. At Montvale Springs, Harmony offers a range of services, including therapeutic horseback riding, family camps, parent retreats, professional training, and adventure based therapies. Montvale is closed to the public to protect our clients' confidentiality, but we are happy to welcome a select number of guests for private events throughout the year.

Thank you for considering Montvale Springs for your event; we can't wait to meet you!

Sincerely,

*Nicole Coning, CEO*



# About Montvale Springs

REST. REGULATE. REFLECT. RESET. RESTORE.

## KEY FEATURES

### *The Lodge*

A beautiful, rustic indoor space with views of camp and the pavilions

- Industrial kitchen for catering
- Stage for live band or DJ

### *Seven Gables Pavilion*

The stone steps date back to the original hotel in the 1800's, creating a magical space for small groups

### *The Cabins*

Guests are invited to stay in Montvale's rustic cabins on site for an additional fee

### *The West Pavilion*

Large outdoor space convenient to guest parking and the Lodge, perfect for larger gatherings

Located eight miles from Maryville, Tennessee, Montvale Springs is nestled at the foot of Chilhowee Mountain adjoining Great Smoky Mountains National Park. Montvale offers 364 acres of natural beauty, perfect for a private event, training, or retreat.

In the mid-1800's, Montvale Springs was the site of the 125-room Seven Gables Hotel which, at the height of its popularity as a spa, became known as the Saratoga of the South. Since the 1930's, the property has served as a camp, welcoming hundreds of campers each year. Now operated by Harmony Family Center, Montvale Springs is a space of healing and growth for the children and families who visit for therapeutic camps and activities throughout the year.



Harmony offers retreats and professional development at the Montvale Springs property. We incorporate neuroscience informed activities that are centered in the wisdom of nature-based practices.





## CUSTOMIZE YOUR EXPERIENCE

We offer customized retreats that fit your group's needs. Half-day, full-day, or multi-day experiences can include:

### **Available Retreat Activities:**

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- Sensory-based Relaxation Stations
- Drum Circle
- Restorative Yoga
- Hiking
- Self-Directed Crafts
- Equine-based Team Building
- Nature-based Mindfulness Activities
- Climbing Tower
- Baking and Culinary Classes
- Team Scavenger Hunt
- Team Building Challenges
- Team Communication and Culture Building Activities

### **Available Professional Development:**

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- Nature-based Therapeutic Experiences
- Recognizing the Impact of Burnout, Compassion Fatigue, and Trauma in the Workplace
- Creating a Trauma-Responsive Work Environment
- Reflective Supervision
- The Impact of Trauma on the Brain, Body, and Behavior
- Professional Development for Educators
- Therapeutic Parenting
- Trauma-Responsive Sports Coaching
- De-escalation Strategies and Techniques
- Adoption and Foster Care Topics





Retreat and professional development opportunities can be customized to meet the unique needs and preferences of your group. Our staff can plan and lead the retreat, you can use our facilities for the retreat you plan, or incorporate Harmony-led activities into your plan. A quote will be provided based on expected number of guests, retreat length, and selected activities.

For more information, or to request a quote, please contact Keith Bailey, Professional and Community Development Director at [keith@harmonyfamilycenter.org](mailto:keith@harmonyfamilycenter.org).

Tours of the property are available upon request. To schedule a tour, please contact Pamela Lane at [pamelal@harmonyfamilycenter.org](mailto:pamelal@harmonyfamilycenter.org).



4901 Montvale Road  
Maryville, TN 37803

[montvale@harmonyfamilycenter.org](mailto:montvale@harmonyfamilycenter.org)  
[www.montvalesprings.org](http://www.montvalesprings.org)