

TOPIC JOURNEY OF SELF CARE

LOCATION Base Camp Jimmy

DETAILS Discovery and Healing



An Ending and a New Beginning 5am moon-setting, taken at the end of the program as participants were leaving.

Immersed in the captivating and still very much winter-like landscape of Montana, nine spouses came together at Base Camp Jimmy in April for a week-long journey of self-care and guided exploration with heavy focus on community and accountability.

As with all of our programs, the Journey of Self Care was both a process of self discovery and healing, guiding participants towards the difficult task of giving oneself permission to nourish the mind, body, and spirit.

Since The Station's Spouse Program Lead was ill, our Executive Director, Kevin Stacy, stepped in to help participants gain a better understanding of self care and its impact. With the support of two Spouse Performance Program alumni, Olivia Vondereau and Debbie Heitman, and one SOF daughter, Rachel O'Leary, Kevin created an environment conducive for healing and growth.

It was fantastic to see the ripple effect of The Station's programs in action. The role and presence of our SOF spouses and daughter empowered participants to see their full potential, increased participants' self worth, and encouraged them to view themselves as a priority. The team's ability to hold space for others and comfort level while facilitating challenging conversations made this program a resounding success.



While this journey is very much taken in community, participants also learned tools and gained skills to independently integrate into their everyday lives. During their time with The Station™, participants engaged in mindfulness-based restorative practices including yoga, breathwork, art, massage, meditation, and songwriting. Each step of the journey shared a constant theme and self reflection – What should I take with me, and what should I let go? Who am I when you take away the labels? What is holding me back from being my authentic self – my best self?

The Station Foundation™ was once again blessed by the presence of singer-songwriter, Taylor Carson (<http://www.taylorcarson.com>), who led participants through songwriting workshops.



Letting Go Ceremony Featuring Taylor Carson performing songs written during the songwriting workshops.

Songwriting can also be a form of sense-making, helping to organize thoughts and feelings into a coherent narrative, finding ways to make meaning out of confusion, while reclaiming a sense of agency and empowerment by creating something meaningful out of their pain. Taylor's workshops were all of the above.

Taylor first met Kevin and Shannon ten years ago; he knew in that first meeting he was about to be part of something real. Connection, Authenticity, and Honesty are critical for a songwriter, and equally important for our programs. There can't be any facades or fake presentations. The first step is always to just let go. To exhale, knowing that you are part of something - that you are safe. The Station Foundation provides relief which in turn brings release.

Taylor's songwriting with The Station is a powerful process because his instruction encourages authenticity. He doesn't just show up and teach a workshop; he shows up completely.

Taylor fully immerses for several days before teaching, making real and honest connections with participants in a safe and sacred space. Through his own participation, Taylor embodies the beauty of community where showing up as true and authentic are requirements. Taylor's gift in storytelling intersects with amazing participants who possess the courage to walk through their own trials with grace and vulnerability. It's at this intersection where stories come to life.



Ultimately, Taylor is the vessel for the words, thoughts and feelings that flow freely when we remove our self-limiting barriers. He becomes the sponge, and through him, the pieces of a song begin to come together organically.

Taylor gains as much from these workshops as he gives. He has experienced the healing powers of songwriting first-hand, and wholeheartedly believes it can bring healing to others too.

Taylor, thank you for showing up so completely for The Station Foundation and sharing your gifts with us.



The Art of Letting Go Set me free... Let's go!



On the Journey of Self Healing



Comfort in Community

ACTION For more information about our Interwoven ourStation Program, please visit our [website](http://www.thestationfoundation.org) or contact us at info@thestationfoundation.org

