

TOPIC SPOUSE PERFORMANCE PROGRAM

LOCATION Montana, Base Camp Jimmy

DETAILS Spouse Performance Program

Creating community is a crucial part of the healing process at The Station Foundation. Participants of our Spouse Programs always have someone to turn to when they need support.

Immersed in the captivating landscape of Montana, The Spouse Performance Program is an opportunity for Special Operations Spouses to increase self awareness, improve

self worth, cultivate self compassion, and learn mindfulness resources to improve overall health and wellbeing.

Rather than share an update on this program in our words we'd like to tell our story through the voice of one of our participants. It is because of the words she shares here, that we continue to do what we do.

From A Participant



In Her Own Words

Dear Shannon,

Over the past few weeks since I returned from Bozeman, I've started this letter in my head countless times. "Dear Shannon," I'd begin. And then, silence. How could I possibly fill the lines beyond "Dear Shannon" in a way that does justice to the transformation I've experienced? I don't believe I can articulate all that I'm thankful for.

But what I can do is describe how different I felt leaving Bozeman, compared to how I arrived... and that is... I felt incomparably lighter. Through yoga, art, PDP analysis, hikes in the snow, laughing with new friends, nourishing meals, cozy fireplace conversations, a week off from housework (!), and some very holy rest.

Some heavy weights that have been burdening my soul for years became dislodged. Bricks I didn't know I was carrying were shaken loose from my core, raining out of me one teardrop at a time. I returned home feeling lighter, happier, friendlier, freer. I resumed my life feeling forgiven, unburdened, and even grateful for the challenges I've overcome.

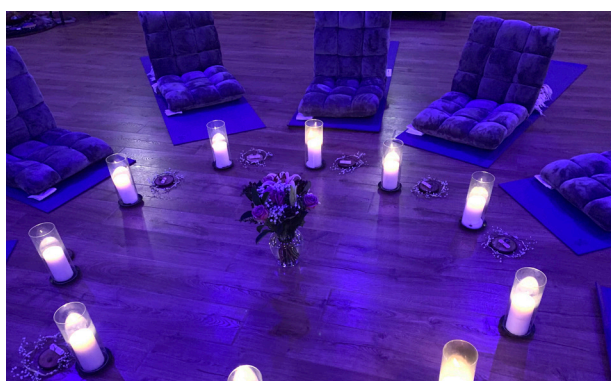
I am well aware, after two decades of military life, that I never could have found this inner peace on my own. I needed someone who's been through this before to lead me here. And I am endlessly grateful to you and Kevin for seeing the need within this highly capable yet vastly under-equipped community of warriors and spouses. We can make our way through so many daunting struggles, and yet we cannot, on our own, heal ourselves from the burdens of war.

Even before Bozeman, I credit The Station Foundation for teaching me that I am not a victim of my circumstances... and that there is always something to be grateful for. Under your care, I was reminded of the power of breath to create peace amid chaos. You convinced me that sometimes the most important thing you can do is nothing – and instead, to be.

In a season of tremendous need, no one else was reaching out to our community offering the hope of restoration. It was only The Station. Thank you for coming back for us. Thank you (and Kevin) for being willing to sit with our grief and trauma, and for sharing your own. Thank you for sharing your river, your cabins, your snow, your yurt (!), your solid ground with us. You were right that the mountains were strong enough to absorb our weaknesses. The river was gracious in washing away the hurt from our past. The snow, perhaps offered the greatest gift of all - a new perspective and a fresh start.

It appears I've found some words to write after "Dear Shannon". And yet there's so much I could say about the countless ways I felt cared for by you, Kevin, Brett, Georgie, Jamie, Lisa, and all The Station staff who created the magic for us to heal. Our family's military journey remains underway. As we move forward with fresh hope, I am forever grateful to The Station for being a pivotal stop on my heart's journey home.

With love and endless thanks.



ROW 1 L Creating community

R Gratitude practice

ROW 2 L Breaking bread

R Letting go ceremony

ROW 3 L Making Ghee with Georgie

R Final meditation/gratitude practice

ROW 4 On the journey. Together

GOLDEN GHEE

One highlight of the week happened in the kitchen – making Ghee with Georgie.

[Click this link to download](#) Georgie's recipe and a little about her process, in her own words.

ACTION For more information about Spouse Performance Workshops, please visit our [website](#) or contact us at info@thestationfoundation.org

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