

TOPIC

SPOUSE SUMMIT

LOCATION Montana, Base Camp Jimmy

DETAILS Spouse Summit & Facilitator Training

January marked the end of a 12-month facilitator training program for The Station Foundation’s Spouse Program. The year-long training ended with a 5-day summit of intensive training, team building, brain-storming and collaboration at Base Camp Jimmy. Nine spouses – all alumni of the program themselves – were in attendance.

In addition to refining the important role of a facilitator and mentor, and the deep sense of responsibility that comes with that role, participants identified where they could individually best support The Station’s growth. Perhaps most importantly, they learned how to set a safe container to hold space, maintain trust, safety, and focus – and to facilitate deep, meaningful, and healing conversations.

RESEARCH HAS SHOWN THE BENEFITS OF PEER SUPPORT AND WE HAVE WITNESSED IT OVER AND OVER IN OUR PROGRAMS. IT IS HELPFUL TO KNOW THAT YOU ARE IN-COMMUNITY WITH PEOPLE WHO TRULY UNDERSTAND YOUR LANGUAGE, YOUR CHALLENGES, YOUR PAIN AND YOUR TRAUMA. YOU DON’T HAVE TO EXPLAIN ACRONYMS OR PROCEDURES; EVERYONE IN THE GROUP GETS IT BECAUSE THEY HAVE LIVED IT EVERY DAY, TOO.

Our facilitators provide tools to develop self-understanding in a sacred space for sharing, healing, and transformation to occur, and they do so from a place of lived experience. Research has shown the benefits of peer support and we have witnessed it over and over in our programs. It’s helpful to know that you are in-community with people who truly understand your language, your challenges, your pain and your trauma. You don’t have to explain acronyms or procedures; everyone in the group gets it because they have lived it every day, too.

These newly trained mentors and facilitators will be working with participants in our programs at Base Camp Jimmy, as well as our Interwoven ourStations Programs in Virginia Beach, San Diego, Fort Bragg, and Camp Lejeune.



- ROW 1 Base Camp Jimmy right around the corner
- ROW 2 Welcome to HQ
- ROW 3 L Meet our participants R Program in session
- ROW 4 Program in session
- ROW 5 Program in session



ACTION

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

