

TOPIC BUILDING COMMUNITY

LOCATIONS *Interwoven ourStations*

DETAILS **It Takes a Village**

Unlike The Station Foundation's Montana based programs at Base Camp Jimmy, our Interwoven ourStations have no brick and mortar "home base" to offer their services. Our facilitators and mentors must be creative as they build their schedule of activities. This is where The Station's strength of building and strengthening community comes into play.

In addition to strengthening the SOF community and expanding The Station's reach, our ourStation teams are building relationships with other nonprofits and small businesses in their respective regions. A crucial role of our ourStation teams is to establish mutually beneficial friendships with the greater community in our SOF hometowns. We would like to take this opportunity to highlight just a few of the businesses and organizations that have helped us create some truly incredible experiences for our SOF families at our Interwoven ourStations.

Some of these partnerships and collaborations have resulted in events such as our Virginia Beach ourStation's annual *Family Ethos Shield Build* at *Valhalla's Forge*, where participants were also treated to a delicious lunch provided by *Mission BBQ*. In June there will be an opportunity to return to Valhalla's Forge for a *Family Give Back* event supporting local nonprofit Valhalla's *Mission Force* in their annual *Flags For Our Fallen* mission.

Our *Fort Bragg* ourStation recently collaborated with *Ballash Woodworks*, providing participants an opportunity to create functional art in the form of beautiful cutting boards. In June they will partner with *ArtWorks Vass* for an *Introduction to the Potter's Wheel*

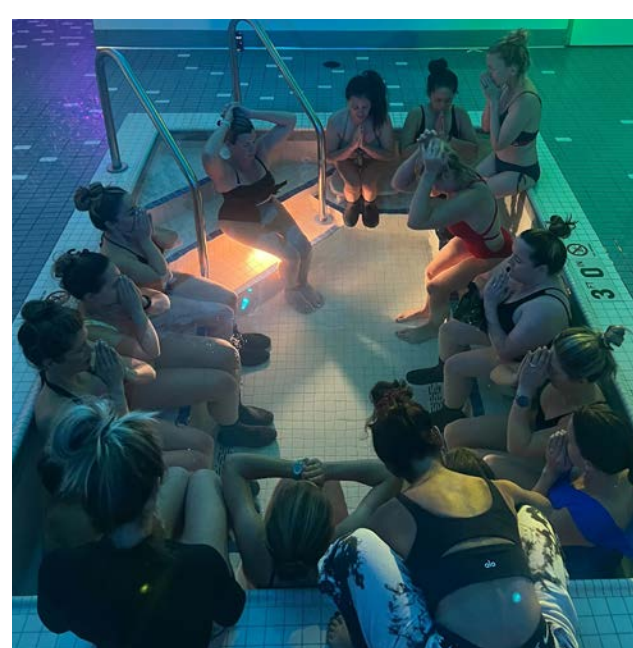
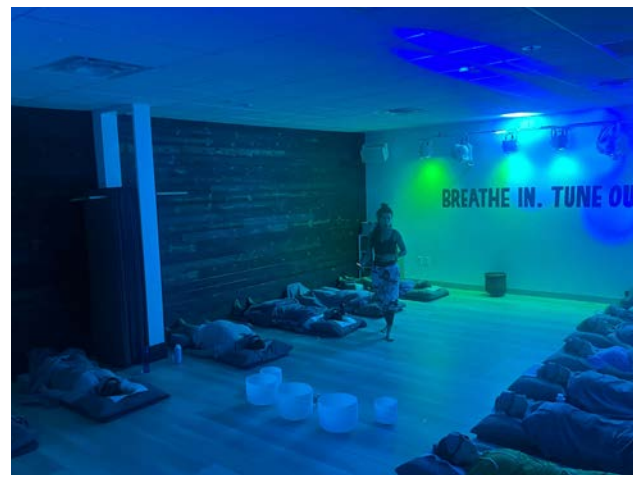
In May our *Camp Lejeune* ourStation partnered with *The Artsy Goat* for a day of *Mindfulness & Macrame*. On June 10th they will host *The Station Experience*, an informal information session with a catered dinner provided by our friends at Mission BBQ.

Finally, our *San Diego* ourStation got chilly at their *Breathe & Plunge* event, invigorating both mind and body with hydrotherapy and sauna therapy at *Breathe Degrees*. On June 8th participants will work together in a space of creativity and openness, while practicing the ancient craft of weaving during The Station's *Intuitive Weaving* at *San Diego Craft Collective*.

Meet the partners helping us as we create rich learning moments for SOF community members through various ourStation events.



Shield Building at Valhalla's Forge in Virginia Beach



Hydrotherapy at Breathe Degrees in San Diego



Woodworking at Ballash Woodworks, Fort Bragg



Mindfulness & Macrame Workshop, Camp Lejeune

ourStation experiences are carefully planned to reinforce the values and virtues of The Station Foundation®. Our facilitators and mentors tap into their creativity as they plan engaging events that share our curriculum in small, meaningful doses.

As always, there is so much more to these events than the physical activity itself. Each one incorporates mindfulness techniques to help participants increase self awareness and improve self care. The time and energy poured into each event helps participants feel cared for and nourished, which leads to a strong sense of community.

We are very proud of each ourStation facilitator and mentor for curating an array of impactful events and building strong communities in their region.

This update has highlighted just a few of our events and partnerships. To learn more about the vast array of services we offer in each of ourStation, please click the following links:

Click Below To Learn More About Each of Our Interwoven ourStation's Programs And Events

[Virginia Beach](#)

<https://www.eventbrite.com/cc/interwoven-virginia-beach-35159>

[San Diego](#)

<https://www.eventbrite.com/cc/interwoven-san-diego-36259>

[Camp Lejeune](#)

<https://www.eventbrite.com/cc/interwoven-camp-lejeune-1770629>

[Fort Bragg](#)

<https://www.eventbrite.com/cc/interwoven-fort-bragg-1770549>

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

