



Your Guide To The Station's 2024 Program Updates

What We Make Happen



Programs Supported

❖ **Restore** A comprehensive survival training with a realistic wilderness mission that reconnects service members and their children. Integrating children into their parent's life fosters a deep sense of validation and enhances a child's self-worth, self-esteem, and connection with their parent. Restore provides a private, safe, and relaxed setting for warriors and their children to share the meaning of service and inspire thriving relationships.

FREQUENCY 2 REACH 59 Participants (17 service members, 42 children)

❖ **TrAC** A mentorship program designed to help participants leverage their unique skill set in the civilian work environment while preparing for the unfamiliar terrain that lies ahead. Participants connect with high-level executives and make lasting relationships to help them navigate their next chapter in life.

FREQUENCY 2 REACH 12 Participants (plus 13 mentor service members)

❖ **Spouse Performance Program (SPP)** An empowering program encouraging spouses to identify and value themselves as a priority. Spouses learn how to balance service for others and care for self through a variety of mindfulness and self reflection practices.

FREQUENCY 3 REACH 28 Participants

❖ **Return** A nine-day Hero Journey during which service members immerse themselves in the Way of the Warrior beyond the battlefield. Through shared rites of passage and a homecoming ceremony steeped in tradition, participants heal, grow, and strengthen their connection to ancestral roots.

FREQUENCY 2 REACH 11 Participants

❖ **Journey of Self Care (JoSC)** A week-long spouse experience placing special emphasis on the importance of integrating intentional self-care practices into their lives. Participants leverage curiosity, creativity, and compassion to build a solid foundation of self-care and further discover what supports them best.

FREQUENCY 1 REACH 9 Participants

❖ **Heart And Soul** A week-long relationship building program that supports SOF Couples. Through a combination of mindfulness practices and evidence based processes of Dr. John and Julie Gottman, Heart And Soul enhances lifelong friendships between partners and serves as a powerful foundation for deepening authentic relationships in their lives.

FREQUENCY 1 REACH 10 Participants (5 spouses and 5 service members)

❖ **Gold Star** The Station's work with Gold Star Children is our way of honoring their great sacrifice and the legacies of our Fallen Warriors. Supported through camps and mentorship programs, our work with Gold Star Children extends beyond the age of 18. We are available to support them throughout major life transitions.

FREQUENCY 1 REACH 22 Participants (15 Gold Star Children and 7 service members)

Participant Post-Event Data

100% report the confidence to talk through situations when experiencing frustration

75% feel equipped to create and maintain a healthy balance with work, family, relationships, play and rest – a 40% improvement

100% feel heard and respected by their spouse/partner and family – a 60% improvement

100% are familiar with mindfulness practices and try to use them in daily routines or when dealing with stressful situations – a 50% improvement



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Alumni Give-Back Project

The Station™ lives and breathes community and appreciates when alumni serve in a volunteer capacity, which is why we present civic engagement opportunities. By helping others, participants connect to what really matters in life – compassion, positivity, gratitude, and dedication. This year, The Station presented two civic engagement opportunities, Yoga Teacher Training (YTT) Give Back Project and Operation Recall.

❖ **YTT Give Back Project** This hybrid program of in-person and remote learning trains alumni to become certified yoga instructors. Participants then return home and commit to a minimum of 100 hours of selfless service in their community through the principles of yoga. It is a beautiful way to truly activate a pathway of living with love and leading with light.

FREQUENCY 1

REACH 7 Participants (5 spouses, 1 service member, 1 Gold Star member)



❖ **Operation Recall** *The Station presented its inaugural Operation Recall at Base Camp Jimmy in 2024.*

This is a great way for participants to come back, give back, and get back to some of the practices incorporated into their previous programs. This is alumni's chance to support those who will come after them. Participants serve through a variety of projects: winter clean up; tipi builds; firewood restocking; and trail improvements. This year volunteers finalized and dedicated a new trail honoring the legacy of SOCOM.

FREQUENCY 1

REACH 8 Participants (3 spouses, 4 service members, 1 child)



Interwoven

The Station Foundation's outreach project, *Interwoven*, helps reach the SOF Community in their hometown. Through virtual and in-person experiences, Interwoven blends The Station's culture and curriculum into participants' local communities.

❖ **Virtual Course** Emotion Coaching is a 4 – 6 week immersion into a variety of topics ranging from enhancing family connectedness, increasing self awareness, and improving stress and energy management. During this virtual course, participants learn to view their child's emotions as an opportunity for connection.

FREQUENCY 2

REACH 28 Participants



❖ **In-person Experiences** *54% of homes reached were first-time interactions with The Station.*

ourStations are an extension of The Station in SOF hometowns. These satellite locations offer day events that are carefully curated around the topics of virtues and mindfulness. ourStations serve Camp Lejeune, Fort Carson, Fort Liberty, San Diego, and Virginia Beach.

FREQUENCY 169

REACH 2,150 Engagements

continued



*"Rarely, if ever, are any of us healed in isolation.
Healing is an act of community."
– bell hooks*

The Difference We Make

Participant Feedback Data

"As I transition/prepare to transition from the military I know and understand my place as a Warrior in my family and my community."

"My entire experience with The Station has been nothing short of amazing. I was given some amazing tools that I use on a daily basis to help me respond more appropriately to the stressors of life. I also made some amazing friendships and connections with the other ladies, all while reconnecting with myself. I am still trying to process everything that we learned in that short week, but hope that I can continue to work on myself. I can not thank all of you enough for this opportunity."

"...Now have the confidence to assert my needs and take moments to think before reacting."

"I feel like I really gained strength and no longer feel pity for myself. I realize how strong I actually am AND how I can communicate more effectively to have my needs met. The SPP also made me realize how much I thrive when surrounded by a community of women. That has been one of my goals upon returning home – to connect with like-minded women."

"I now have the ability to better self regulate, not lose my cool as often (breathing techniques), and to not take on "crap" that isn't mine!"

"Our biggest takeaway from the family fishing event was the quality time we spent together as a family. We learned new skills and enjoyed the thrill of catching our own fish. It was a wonderful opportunity to connect with nature, bond as a family, and create lasting memories. The experience also taught us the importance of patience and teamwork."



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