



JOURNEY FORWARD

PEACE. ACCEPTANCE. TRANSFORMATION. HONOR.

Join us Sunday, March 18, 2018 for a day of climbing, mindfulness, and community with other veterans

Connect with other veterans for fun and support!

We'll meet at Great Western Power Climbing Gym in Oakland (map). We'll have a session with instructors, and then time to climb on our own. We'll head over to Berkeley's Empty Gate Zen Center for lunch and the afternoon. We'll share our experiences and learn mindfulness and meditation practices to support us in our daily lives. We'll end at 5 pm.



This day will be facilitated by Lee Lesser and Mike Ergo (see below). There is no cost to participate; lunch, snacks and drinks are all included.

Veteran's PATH programs are available to veterans who have served since 1990. You are welcome to bring a guest, an adult family member or friend, if there is room. And be sure to encourage your fellow veterans to join us. To sign up or to ask questions, reply to this email, or call Laurie at 510-495-5818. Advance registration is required. If this is your first event with Veterans PATH, please let us know a little about you by filling in [this online form](#). Need help getting to the event? Let us know and we'll connect you with others you can carpool with.

EVENT FACILITATORS



Lee Klinger Lesser, MS, has developed and led retreats for Veterans since 2008, integrating her experience of mindfulness and meditation into accessible programming for Veterans. She has taught the mindfulness practice of Sensory Awareness for over 45 years and led national trainings in emotional intelligence, family support, and diversity and equity for early childhood educators.

Mike Ergo was a Marine rifleman from 2001-2005 and deployed to Iraq twice. Coming home from combat was rough. His body returned, but his mind and spirit were still in Fallujah for many years. Triathlons, trail running, and endurance challenges helped him overcome the sadness, anger, and anxiety that are a part of PTSD. Mike is a clinical social worker who serves combat veterans full time. He has a daily meditation practice.



PATHFINDER (1-DAY) EVENTS in CA

Sunday, March 18: East Bay
Saturday, April 14: TBA
Saturday, May 5: Green Gulch Farm
June 30: Shoreline Lake
August 11: Green Gulch Farm
October 20: Green Gulch Farm
December 1: TBA

See website for Men's and Women's 4-Month
Anchor Programs in CA, TN, and CO

"I found a safe space at Veteran's PATH---it was the first time ever that I felt comfortable telling my story, letting my guard down.... I didn't realize until that moment how much healing I needed. I learned how to meditate, I became connected with the other veterans who I practice with, I found some peace and a community of healing. I learned foundational skills to resuscitate and comfort myself."

Kim Smith, Colonel (Ret.) US Army Veteran