



Join us Sunday, May 19, 2019

A day of community
with other veterans for a day in nature,
meditation and mindfulness practices,
and camaraderie

Connect with other veterans for fun and support!

Join Vet Leaders Matt Huffman and Matthew Kruse at Castle Rock Regional Park in Walnut Creek. We'll explore the beautiful Mt Diablo foothills, celebrate the coming of Summer and experience mindfulness and meditation practices which can support you in your daily life.

Plan to meet at 9 am near the softball field (see maps below). The address is [1700 Castle Rock Rd, Walnut Creek, CA, 94598](https://www.google.com/maps/place/1700+Castle+Rock+Rd,+Walnut+Creek,+CA,+94598). There is limited parking at the "Trail Staging Area" at the end of the main road but overflow parking is available in the "Orchard Staging Area" (see maps below). If you require assistance to walk over ¼ mile please let us know so we can work with you. Once you arrive, follow the paved path to the softball field on the "Stage Road Trail" and look for the sign that says "Veterans PATH." Need help getting there? Let us know and we'll connect you with others you can carpool with. If you have issues finding the spot, call Adam Youngson at (925) 914-0681.



This day will be facilitated by Veteran's PATH Vet Leaders Matt Huffman and Matthew Kruse (see bios 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, email or call Laurie at laurie@veteranspath.org, 510-495-5818. Advance registration is required. If this is your first event with Veteran's PATH, please let us know a little about you by filling in [this online form](#).

EVENT FACILITATORS



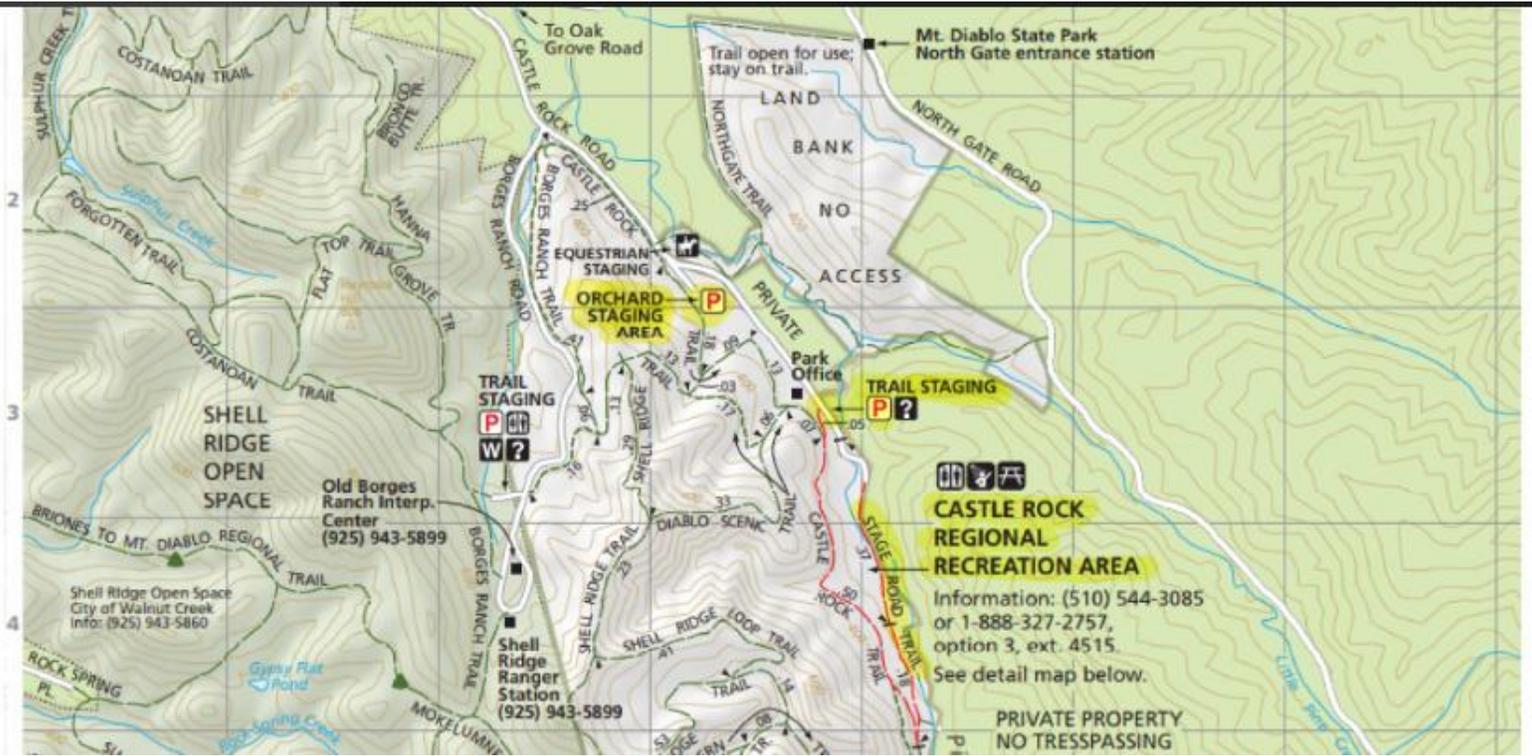
Matt Huffman, Served in the Army Infantry from 1992 - 1995. He completed the two-year Veteran's PATH Vet Leader training, has led various VPATH events and was a group leader for the Men's Anchor program. Matt works as a wildfire plaintiff and criminal defense attorney.



Matthew Kruse, Served in the Army Infantry from 1997-2003, deploying to the Balkans in 2000. He also completed the two year VPATH Vet Leader training and has co-facilitated past events. Matthew is an attorney on hiatus, currently attending massage school, and has started a non-profit to provide the benefits of massage to veterans.

"I learned not to be afraid to ask for what I want or need. To be more assertive. To have a little more confidence in myself and trust that things will be okay."

Will R, U. S. Marine Corps Veteran



CASTLE ROCK REGIONAL RECREATION AREA
 Information: (510) 544-3085
 or 1-888-327-2757,
 option 3, ext. 4515.
 See detail map below.

PRIVATE PROPERTY
 NO TRESSPASSING

Castle Rock Picnic Area Capacity

- Ford's Well 100
- Castle Tree 100
- Pool Oak Terrace .. 100
- Castle View 50
- Pine Creek 50
- Eddybrook 100
- Shady Glen 50
- Stagecoach 50

To reserve a picnic area, call 1-888-327-2757, press option 2.

