



JOURNEY FORWARD

PEACE. ACCEPTANCE. TRANSFORMATION. HONOR.

Join us Sunday, April 15, 2018

A day of community
with other veterans:
circus skills, a walk in the park,
meditation and mindfulness practices,
and camaraderie

Connect with other veterans for fun and support!

We'll meet at the County Fair Building in Golden Gate Park, near 9th Avenue and Lincoln Way ([map](#)). We'll learn mindfulness and meditation practices that can support us in our daily lives, take a walk in the park, and have lunch together. Then we'll head over to the nearby Circus Center at 755 Frederick St. ([map](#)) to spend the afternoon, having fun learning juggling, balancing, and more. We'll end at 5 pm.

This day will be facilitated by Veteran's PATH co-founder Lee Klinger Lesser and Vet Leader/Facilitator Travis Groft (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 Veteran's PATH, please let us know a little about you by filling in [this online form](#).

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.



Travis Groft is an Air Force OEF/OIF veteran of seven years and has been engaged in the Veteran's PATH community since 2009. He was in our first Vet Leader cohort back in 2014, and has now joined our team of facilitators. Travis served for a time as the Manager of Wellness Programs for San Mateo County School District, and in that role he communicated with children, teachers and parents through a monthly district newsletter. Check out a piece he wrote about Mental Health and Resiliency. ([click here for link](#))



PATHFINDER (1-DAY) EVENTS in CA

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 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