



**JOURNEY FORWARD**

PEACE. ACCEPTANCE. TRANSFORMATION. HONOR.

## CALIFORNIA WOMEN'S 4-MONTH ANCHOR PROGRAM

September 27, 2019 – January 26, 2020

5-Day Intensive:

September 27- October 2, 2019

Final weekend retreat:

January 24 - 26, 2020

During this 4-month Anchor Program, you will have an opportunity to learn and practice mindfulness tools that can support you in your daily lives. We focus on strengths, and on integrating our experiences in positive and meaningful ways. The program includes a 5-day intensive, one weekend retreat, guided weekly mindfulness practices, peer support and individual coaching.

### The 5-day Intensive:

- Mindfulness and meditation practice
- Wilderness walks
- Creative expression
- Developing self-compassion and communication skills
- Dialogue and engagement with other veterans
- Sharing and witnessing each other's stories
- Individual goals and mentoring



### The 15-week Practice Period:

- Four 1.5 hour cohort group video calls
- Four 30-minute coaching calls with a Veteran's PATH facilitator
- A closing 2-night residential weekend retreat
- Peer support
- Shared readings
- Weekly mindfulness practices to apply in your daily life



*"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*

A few more things you need to know:

- You must commit to the full 4-month Anchor Program which includes the 5-day intensive AND the full 15-week Practice Period to be eligible to participate.
- The program is open to veterans who have served since 1990, with priority given to OIF, OEF and OND veterans.
- The Anchor Program is completely free of charge; we don't have funds to pay for transportation however we may be able to arrange partial financial aid with another veteran support organization.
- Please be very certain that you are able to attend. When you sign up for a spot you are making an important commitment to yourself, and to other veterans. Late cancellations mean another veteran may not be able to attend.

Registration Process

- Please fill out our online form to begin the application process here: [Apply](https://www.veteranspath.org/retreat-signups.html) (<https://www.veteranspath.org/retreat-signups.html>)
- If you are eligible, we will send you a more extensive application and conduct a follow-up interview.
- We will maintain a waitlist, in case there are last minute emergency cancellations.

Make sure to apply soon, as spots are filled on a first-come, first-served basis.

*"I learned how to approach difficult situations with compassion and kindness toward the situation and towards myself. That just breathing and feeling the ground allow my lower and high brain to converse so I'll calm down. Now I have great tools for parenting, too!"*

*- Shanique Davidson-Providence,  
U. S. Army*



*Most meaningful and valuable aspects of the Anchor Program: "Building these relationships with ladies with a similar experience across branches, ages and issues. I love the diversity of our group. It's a blessing to know that this isn't the end but the beginning of a beautiful journey."*

*- June M,  
U. S. Army*