

What we cannot hold, we cannot process. What we cannot process, we cannot transform. What we cannot transform haunts us. It takes another mind to help us heal ours. It takes other minds and hearts to help us grow and re-grow the capacities we need to transform suffering. This is done in concert, re-weaving the web of connective emotional, relational and spiritual tissue that cumulative trauma tears asunder.

Joseph Bobrow, PhD

The Coming Home Project

[www.deepstreams.org/cominghome](http://www.deepstreams.org/cominghome)

*From their website:*

*Early in 2006, Sharon Salzberg, meditation teacher and author, and Joseph Bobrow, psychologist and meditation teacher, began thinking together about the need for a community response to meet the challenges faced by Iraq and Afghanistan veterans and their families. How could we help create a safe place, a welcoming community of compassion and understanding? How could we bring together the best from psychological trauma research and practices, with stress management tools like mindfulness meditation and yoga, and expressive modalities like writing and drawing, in order to transform trauma and enhance well being? How could we assist veterans and families in reconnecting mind, body, heart, spirit and behavior, and identity, meaning, family and society? From these early conversations, connections blossomed among older veterans, experienced trauma therapists, service personnel, and interfaith leaders, all of whom wanted to contribute to easing the wounds of war.*

*Based in Berkeley, California, The Coming Home Project offers free, confidential group support and stress management workshops and retreats for OIF and OEF veterans and families. We are a group of veterans, family members, psychotherapists and interfaith leaders devoted to offering innovative, compassionate care to address the mental, emotional, spiritual and relationship problems service members face. We invite participants to share experiences and stories, struggles and breakthroughs, in an atmosphere of mutual support, safety, and trust; to find understanding and acceptance; to learn new skills, like mindfulness and yoga, for reducing stress and anxiety and enhancing well-being; to improve communication and relationships; to express what cannot be spoken, through expressive means such as writing and drawing; and to tend to the wounds of war in heart, mind, identity, spirit, and relationships.*

