

## Wounded Warrior Project Challenges Warriors with Guinness World Records Adventure Park



WHITESBURG, Ga., Feb. 16, 2017 /PRNewswire-USNewswire/ -- Warriors recently attended a Wounded Warrior Project® (WWP) mental health workshop at Historic Banning Mills in Whitesburg, Georgia. These gatherings are often the first time warriors leave their homes to connect with others in their communities.

"Combat stress changed everything about my life," said U.S. Army and Army Reserve combat veteran Edwin Medina, who is from Jacksonville, Florida, and recently attended a WWP mental health workshop. "I'm not the same person I was before I deployed. It's a struggle every day."

WWP's Combat Stress Recovery Program (CSRP) addresses the mental health needs of warriors returning from war. Through the generous support of donors, WWP offers veterans specialized mental health programs and services – tailored to each warrior's specific needs and free of charge.

One program is its [multi-day mental health workshops](#) that are offered as all-male, all-female, or all-couples. These workshops provide safe, private environments for warriors to express themselves and share combat experiences. By the end, warriors share lessons learned from the activities that impacted their personal struggles most and set achievable goals for their recoveries.

WWP staff incorporate local activities in a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. As warriors brave close to 10 miles of what Guinness World Records deems the longest and largest zip line canopy tour in the world, they are actively honoring the oaths they agreed to at the beginning of the workshop, including "to let go and move on," "live in the present," and "enjoy life and what it brings."

"I know what it's like to be alone – to isolate yourself and have no help," Edwin said. "This workshop changed that for me. I needed it; my brotherhood will hold me accountable for the goals I set for myself. I know they will call me out if I start falling back. And they will do all of it without judgment."

To learn and see more about how WWP's mental health workshops connect, serve, and empower wounded warriors, visit <https://newsroom.woundedwarriorproject.org/>, and click on multimedia.

### **About Wounded Warrior Project**

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors.

SOURCE Wounded Warrior Project

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Additional assets available online: [Video \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-02-16-Wounded-Warrior-Project-Challenges-Warriors-with-Guinness-World-Records-Adventure-Park>