

Wounded Warrior Project Holds National Training for Veterans in Peer-to-Peer Mentoring

SAN ANTONIO, Feb. 16, 2017 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) recently held a national training seminar on mentoring for injured veterans at the local San Antonio office. The innovative, three-day training workshop put peer-to-peer warrior mentors through an intense curriculum that included suicide awareness, mental health overview, and peer support ethics.

"Being selected to help my peers is an honor I don't take lightly," said Frank Poupart-Roldan, a retired U.S. Army combat veteran from Tampa, Florida. "The workshop gave all of us the skills and education to organize safe support groups for wounded warriors in our hometowns. These groups connect injured veterans and help us overcome obstacles together."

Peer support plays an important role in the recovery process as injured veterans rely upon one another's learned experiences when managing day-to-day challenges. This special type of therapy reintroduces injured veterans to the unique bonds experienced during military service. Rarely duplicated in the civilian world, these relationships act as a secure bedrock that paves the road to recovery.

WWP offers a variety of programs and services that assist injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. Generous donors make it possible for wounded warriors to take part in connection activities and benefit from program resources at no cost to them.

"The warrior peer-to-peer training starts with earning the trust of your brothers and sisters in arms," Frank said. "This mentoring becomes a foundation for recovery. It has the emotional support, validation, encouragement, and engagement that structures our paths to healing. Each of us has a desire to extend our arms to others who need assistance and help them get one step forward in life. This national training gives us the tools to do just that."

To learn more about how WWP's programs and services are making an impact on the lives of wounded warriors, visit <https://newsroom.woundedwarriorproject.org/>.

About Wounded Warrior Project

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

SOURCE Wounded Warrior Project

For further information: Media: Vesta Anderson - Public Relations Specialist, Email: vanderson@woundedwarriorproject.org, Phone: 904.570.0771

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