

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Veterans Heal at Wounded Warrior Project Mental Health Workshop

MARTINSVILLE, Ind., March 3, 2017 /[PRNewswire-USNewswire](#)/ -- Injured veterans recently attended a Wounded Warrior Project® (WWP) mental health workshop in Martinsville, Indiana. These gatherings are often the first time warriors leave their homes to connect with others in their communities.

"Wounded Warrior Project reached out to me with everything I needed to ease my disability and reconnect to society," said Reuben Blanton, U.S. Army veteran from San Antonio, Texas. "The workshop was filled with many activities that tested our strengths, but it wasn't until the final night when we each shared what we got out of our time that we realized how far we came in just one week. Best event ever."

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 such 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 their 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 use certain activities in a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. As warriors challenged themselves through outdoor team building activities that included an intense high climbing obstacle course, they were actively honoring the oaths they agreed to at the beginning of the workshop, including "to care for self and others" and "to be present in recovery."

"This workshop enabled me to face my fears without the emotion that I am doing it alone," Reuben said. "Wounded Warrior Project has empowered me to handle my daily challenges. I would not be as stable as I am if it were not for that organization, and I know if there is ever a time that I am feeling overwhelmed, Wounded Warrior Project is just a simple phone call away."

To learn and see more about how WWP's mental health workshops connect, serve, and empower 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

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

<https://newsroom.woundedwarriorproject.org/2017-03-03-Veterans-Heal-at-Wounded-Warrior-Project-Mental-Health-Workshop>