

Wounded Warrior Project Understands Warrior Recovery

PHOENIX, Aug. 22, 2017 /[PRNewswire-USNewswire](#)/ -- Local warriors recently attended a Wounded Warrior Project® (WWP) mental health workshop in Carlsbad, California. These gatherings are often the first time warriors leave their homes to connect with others in their communities.

"I thought the workshop was just an opportunity to hang out with other veterans," said George Almasan, U.S. Army veteran from Glendale, Arizona. "But I quickly learned that throughout the entire week, we were all receiving extremely helpful tools for coping with our invisible injuries - these injuries are impacting my life. It's hard to find a solution or a way to cope with mental wounds."

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.

WWP's multi-day mental health workshops are offered as all-male, all-female, or all-couples. These workshops provide safe, private environments for warriors to express themselves and share their 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 use a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. As warriors brave recreational activities that push them outside their comfort zone, they actively honor the oaths they agreed to at the beginning of the workshop, including "to let go and move on," "to care for self and others," and "to be present in their recovery."

"The workshop required commitment from all of us," George said. "The hardest thing for me to do was to commit to participate, but since the event, I have been more active in my life and have also maintained my meditation goal. I would encourage other warriors to attend this event - Wounded Warrior Project truly understands warrior recovery."

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

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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

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Recovery