

## Wounded Veterans Come Together in Arms

### **Wounded Warrior Project Hosts Injured Veterans at the Shooting Range**

MEMPHIS, Tenn., April 6, 2016 /[PRNewswire-USNewswire](#)/ -- It was not just another day on the range for wounded veterans when they gathered for a day of target practice at Range USA Indoor Shooting & Training Facility. Wounded Warrior Project® (WWP) brought the Alumni together for camaraderie and a friendly shooting competition.

Army veteran and WWP Alumnus, Leroy White, shared the day with many Alumni experiencing their first WWP event. "I really enjoyed the fellowship that came from being with other soldiers. It's just a great feeling when you are surrounded with a brotherhood that understands you, and you understand them," he said. "You can't ask for a better way to spend the day."

After a safety brief at the indoor range, the group divided into two teams for multiple courses of fire. Many commented this is the first time they have had a chance to shoot with friends since their service in the military.

"I'm an avid hunter and fisherman, so I'm all in for anything that has to do with shooting, outdoors, and soldiers getting together," Leroy said. "If at all possible, I wasn't going to miss the opportunity to go to the range."

Many wounded service members face similar challenges adjusting to their injuries and civilian life. The WWP Alumni program creates support through shared experiences and brings injured veterans together to build camaraderie. By bonding through events and programs, wounded veterans learn they are not alone. The WWP Alumni program is one of 20 direct programs and services offered free of charge to wounded service members, their caregivers, and families.

Leroy adds that WWP programs give wounded veterans information and tools to empower warriors and their families. "Whether it be benefits, employment, mentoring, or just having someone to talk to," Leroy said.

Before enjoying a BBQ dinner, the group had some friendly competition during a 12-dot shooting challenge.

"The competition WWP staff threw in towards the end of the event was fun, and the BBQ dinner was fantastic," Leroy said. "From what I saw, other Alumni enjoyed the food and were extremely pleased with the day as a whole. I know from experience that it's a memorable event anytime WWP brings soldiers together."

An Alumnus for almost five years now, Leroy is a Peer Support Group facilitator and attended a Project Odyssey® during his recovery. He is also active with the Physical Health and Wellness (PH&W) program and is looking forward to Soldier Ride® Atlanta in April 2016.

"If it had not been for WWP, I don't know how I would have made it. In a sense, they saved my life, and I'm sure I'm not the only one who shares this sentiment," Leroy said. "The programs they have in place continue to empower soldiers returning from war with an array of medical injuries and issues. WWP as a whole is just awesome."

Wounded Warrior Project staff reviewed potential stress triggers injured service members may experience as they discussed programs and services available to Alumni, specifically the Combat Stress Recovery Program

(CSRP) and Project Odyssey. CSRP provides military rehabilitation services at key stages during the readjustment process to help wounded veterans and their families maintain healthy, meaningful relationships while pursuing life goals, free from the barriers or stigmas associated with mental health issues. In February 2016 alone, 2,553 injured servicemen and women received care through WWP's mind pillar, which includes CSRP. To learn more about CSRP, please visit <https://www.woundedwarriorproject.org/programs/mental-wellness/veteran-ptsd-treatment-support-resources>.

More than 100,000 wounded veterans, their families, and caregivers receive access to WWP programs and services, all of which are free of charge. Through a high-touch and interactive approach, the WWP vision is to foster the most successful, well-adjusted generation of wounded service members in our nation's history.

### **About Wounded Warrior Project**

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit [woundedwarriorproject.org](http://woundedwarriorproject.org).

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SOURCE Wounded Warrior Project

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