

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

Day of Target Shooting Provides Focus and Relief for Wounded Veterans

OTTAWA, Kan., July 6, 2016 /PRNewswire-USNewswire/ -- For many warriors, the experiences they had in the military were some of the best of their lives, filled with fellowship, meaning, and direction. To help wounded veterans recapture that spirit of unity and purpose, Wounded Warrior Project® (WWP) hosted an evening of group target shooting. Events like this provide wounded veterans with fun, relaxed environments where they can forge relationships with other warriors in their communities, and explore support systems that can help them heal from the wounds of war.

"I remember last year we had one new guy come out for his first Wounded Warrior Project event," said Allen Hill, U.S. Army veteran. "He loved it! Just being around other service members again, joking around, shooting targets, and laughing made a huge impression on him. He always thought of the recovery process as this boring, sitting around and filling out paperwork, routine. That event really showed him what recovery can be instead, and what Wounded Warrior Project is about - bringing warriors together to heal together."

For over a decade, the events and activities hosted by WWP have taken recovering warriors out of their isolation and helped them get re-engaged in their communities. By getting together with warriors who understand each other's experiences, they learn they're not alone in their journey.

"I love to shoot because there's no rush and no pressure - you can focus. It's just you and the target," said Allen. "You're out there with other veterans, just enjoying each other's company. You can open up about what you've been through if you want, or you can just relax, shoot, and not talk about it if you aren't ready to. The environment is always welcoming and people make it whatever they want it to be."

Year after year, there's a unique sense of humor and competition that is deeply rooted in the target shooting events. Allen noted that he sees this at other WWP events, and it is very similar to what occurred during his time in the Army.

"The Army and Marine veterans will bicker about who has the better shooters, so we settle it with some target practice," Allen explained. "That spirit of good-natured rivalry is everywhere at WWP events. The veterans who have been coming to this event are local to the area, so we all know each other. We give each other a hard time, but it feels like family."

WWP provides warriors with opportunities to form small, community-based groups that help them to connect, discuss personal challenges and triumphs, and lend support. These groups can lead to new friendships, provide a renewed sense of community, and introduce new solutions to challenges. In time, wounded veterans who once were being supported, have the chance to pay-it-forward and become a mentor who supports others. To learn more about how WWP helps warriors, please visit: <https://www.woundedwarriorproject.org/programs>.

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.

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