

Veterans Build Hope with Wounded Warrior Project

ATLANTA, Dec. 22, 2016 /[PRNewswire-USNewswire](#)/ -- A group of injured veterans served by Wounded Warrior Project® (WWP) recently joined Atlanta Habitat for Humanity® and volunteers from the local community to build a home for a family in need. Participants got to see the finished product and even had the opportunity to meet the future homeowner.

The gathering served as a chance for wounded warriors to connect with their community while feeling empowered through helping others. Outreach activities like this support the long-term recovery needs of warriors by reintroducing them and their families to the unique bonds experienced during military service.

"I have always wanted to participate in an Atlanta Habitat build," said Army and Air Force veteran Jason Dodge. "Doing it with fellow veterans made it even more special."

Army National Guard veteran TeakSafiya Wilson said she always enjoys volunteering with Atlanta Habitat for Humanity – but doing it with fellow service members made the experience all the more rewarding.

"Volunteering with Wounded Warrior Project is just a great way to keep us involved in the community," she said.

For Jason, the outreach event meant the chance to be out with his peers.

"I think these gatherings are very important for connecting, camaraderie, and overall mental wellness," he said.

Outreach events and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.7 percent) talked with fellow Operation Enduring Freedom, Operation Iraqi Freedom, or Operation New Dawn veterans to address their mental health issues, and 29.6 percent expressed physical activity helps.

WWP staff interacted with attendees and advised them of additional programs and services to assist in their recovery process. The program assist injured veterans with mental health