

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

Veterans Learn Scuba Basics with Wounded Warrior Project

MASON, Mich., Jan. 20, 2017 /[PRNewswire-USNewswire](#)/ -- A group of injured veterans learned all about scuba diving during a recent Wounded Warrior Project® (WWP) workshop. The gathering allowed warriors to see what is possible when they connect with fellow warriors and their local community.

Participants worked with the Michigan chapter of the Dive Pirates Foundation, a nonprofit organization that trains and equips individuals for adaptive scuba diving.

"The moment I found out about a scuba event, I knew I wanted to try my best to attend," said Army veteran Joshua Griscavage. "It can be hard for me; I am always hesitant to go to events because I get anxiety. But once I get there and settle down, I feel at home around my fellow warriors."

After a short introduction to scuba safety and gear functions, the group suited up and paired with instructors for interactive guidance in the pool.

These connection activities support the recovery needs of warriors by reintroducing them to the bonds experienced during military service. In a [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.7 percent) talked with fellow veterans to address their mental health issues, and 29.6 percent expressed physical activity helps.

"The camaraderie is by far the thing I enjoy most about outings like this," James said. "It is important for warriors to take part in Wounded Warrior Project events because it helps them engage in activities outside of their normal daily lives and become connected with their service brothers and sisters."

WWP staff interacted with warriors throughout the day, advising them of additional services and personalized therapeutic outlets to assist in their recovery processes. WWP offers a variety of programs and services that help injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. Generous donors make it possible for wounded warriors to take part in outreach activities and benefit from program resources at no cost to them.

To learn and see more about how WWP's programs and services 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

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