

Women Warriors Visit Tampa for Wounded Warrior Project Mental Health Workshop

TAMPA, Fla., May 8, 2017 /[PRNewswire-USNewswire](#)/ -- Women veterans recently attended an all-female Wounded Warrior Project® (WWP) mental health workshop in Tampa, Florida. The week kicked off with team building exercises. Throughout the five-day experiential learning event, warriors committed to personal goals they'll focus on for six months after the workshop. While these gatherings are often the first time warriors leave their homes to connect with one another and their communities, warriors return home with a network of supportive bonds to help them on their roads to recovery.

"These opportunities are invaluable for female injured veterans," said Kendra Simpkins, U.S. Army veteran and WWP Peer Support Group leader. "There are so few women warriors, but our similar struggles connect us."

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. One such program is its [multi-day mental health workshops](#) that are offered as all-male, all-female, or all-couples. These workshops provide safe, private environments for warriors to express themselves and share their experiences.

WWP staff use experiential, physical activities in a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. As warriors challenged themselves through team building activities that included an intense high climbing obstacle course and skydiving simulation, they actively honored oaths they agreed to at the beginning of the workshop, including "trusting the process" and "being present in their recovery."

"Before the workshop, I had been disconnected from others and emotions," said Dana Brown, U.S. Marine Corps veteran and Jacksonville, Florida, resident. "But this workshop allowed me to make personal connections with a group of strong women learning to cope with similar struggles. I learned to listen, be supportive, accept gratitude and appreciation, and express my feelings. I would encourage warriors to attend one of these workshops. I have a much more optimistic outlook on what life could be now – and I accept the challenge of making it a reality."

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

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors.

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

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