

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

## Wounded Warrior Project Families Find Common Ground on a Mountain

### **Snowy Hike Empowers Families to Share Experiences, Solutions**

CARROLL, N.H., May 18, 2017 /[PRNewswire-USNewswire](#)/ -- On a scale of 1 to 10, Erin Larsen said a recent Wounded Warrior Project® (WWP) gathering for veterans' family members in the White Mountains "was a 12."

Long hikes through the snowy woods and quiet moments at a lodge helped her and other families find common solutions to difficult struggles – particularly the need to recharge emotionally and physically.

"I don't take time off for myself," said Erin, whose husband is an Army veteran. "I'm usually at a doctor appointment, or at therapy, or trying to get housework done. This was for me.

"We all made new friends. It's nice to know you're not alone in this."

Participants shared their experiences while making tracks through the forest.

"I'm used to the snow, but hiking in it was something new," Erin said. "I'm glad I didn't slip and fall. That's always a good thing."

WWP connects warrior families with their communities and life-changing programs and services. By working together, families are empowered with the resources to provide better care for their warriors.

"We all may look at things differently, but when we come together, we get a lot of things worked out," said Amy Goguen, wife of an Army veteran. "It was nice to make new friends I could open up with. Talking with each other gave me have a better understanding of what my husband goes through. We helped each other out."

Erin agreed.

"The best part is the people you meet," she said. "When you're talking with other military families, they understand. We know the things that trigger episodes. When you're around other family members of veterans, you don't have to hide in your little bubble.

"And when you realize you aren't the only one going through it, you don't feel so alone," Erin said. "We can lean on each other."

Thanks to generous donors, WWP programs and services are offered free of charge to warriors, their caregivers, and families.

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

SOURCE Wounded Warrior Project

For further information: Rob Louis, Public Relations, Email: [RLouis@woundedwarriorproject.org](mailto:RLouis@woundedwarriorproject.org), Phone: 904.627.0432

---

Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-05-18-Wounded-Warrior-Project-Families-Find-Common-Ground-on-a-Mountain>