

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

Couples Renew Relationships with Wounded Warrior Project

PARK CITY, Utah, June 13, 2017 /[PRNewswire-USNewswire](#)/ -- Local warrior couples recently attended a Wounded Warrior Project® (WWP) mental health workshop in Park City, Utah. These gatherings are often the first time warriors leave their homes to connect with others in their communities.

"In civilian life, not many people understand what you've been through, and it was nice to be with other couples who are going through the same things me and my girlfriend were," said Tyric Jackson, U.S. Army wounded warrior from New York.

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 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 combat experiences. By the end, warriors share lessons learned from the activities that impacted their personal struggles most and set achievable goals for their recoveries.

At the Park City workshop, WWP staff used local activities in a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. All warriors in attendance pushed through their fears and braved cross-country skiing and riding bikes during the event – many for the first time in their lives.

But many agreed that the most challenging part of the workshop was speaking openly and honestly about relationship issues and listening without interrupting. The exercises are meant to test couples' relationships and resolve issues by enhancing communication skills.

"The workshop allowed me to be more in control of my emotions," Tyric said. "My relationship is more exciting now. My girlfriend learned she can do anything, and I just love her determination and her willingness to try things harder and be more active. It has given us that extra boost we were looking for. I wish we could go again!"

To learn and see more about how WWP's mental health workshops 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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Additional assets available online: [Video \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-06-13-Couples-Renew-Relationships-with-Wounded-Warrior-Project>