

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

## Writing Workshop Challenges Warriors to Create, Heal, and Grow

COLORADO SPRINGS, Colo., Jan. 29, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans who are writers of all experience levels recently gathered at a Wounded Warrior Project® (WWP) writing workshop. They honed their creative skills, connected with others, and learned how writing can be a healthy outlet for emotions and thoughts.

"I've wanted to write a book for some time," said Marine Corps veteran Barbara Sim, "but I felt stuck and hoped to develop my skills to get things rolling. I attended the workshop to learn more about writing, such as creating an outline, as well as plot and character development."

Workshop instructors jumpstarted warriors' creativity through freestyle writing exercises and practice prompts. Veterans gained creative tools and resources to help them achieve their personal writing goals, capture their experiences, and describe how they overcame challenges.

"I liked the small, intimate group, the atmosphere, and everyone was open and relaxed," Barbara said.

"Meeting others who have the same passion that I have for writing was another reason I signed up for the workshop."

"This was my first Wounded Warrior Project event," said Army veteran Ted Snyder. "It felt like a safe place, and I was able to meet a diverse group of veterans. I'm inspired to attend other events."

WWP program events like this give wounded warriors an opportunity to experience veteran peer support firsthand. These social gatherings get them out of the house and connect them with fellow service members and their communities.

"My therapists have told me many times that journaling is a good therapy," Ted said, "but I felt intimidated and wanted to get some help. I left the writing workshop with confidence in my writing and no more intimidation."

In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, 80 percent of survey respondents expressed social engagement and support led to them registering with WWP.

Thanks to generous donors, WWP can serve warriors by connecting them with one another and their communities. Programs also focus on mental and physical health and wellness, financial wellness,

independence, government relations, and community relations and partnerships.

To learn 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<sup>®</sup> (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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

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

<https://newsroom.woundedwarriorproject.org/2018-01-29-Writing-Workshop-Challenges-Warriors-to-Create-Heal-and-Grow>