

# Veteran Support Weekend Empowers Women to Aid Recovery Process

PONTE VEDRA BEACH, Fla., Feb. 12, 2018 /PRNewswire-USNewswire/ -- Female family members of injured veterans gathered for a special weekend with Wounded Warrior Project® (WWP). The ladies participated in bonding activities and workshops geared toward teaching new methods for aiding their warrior's recovery, both physically and mentally.

"My husband and I love Wounded Warrior Project and the support network they've helped us build," said Erin Inman, wife of Army veteran Andrew. "They've helped me cope with everything and gave my warrior the opportunity to participate in Soldier Ride® and some of their Physical Health and Wellness gatherings."

Following a tour of WWP headquarters, the women got to know each other through ice breakers and team-building activities. They also participated in empowering health care classes, including a hands-on essential oil workshop designed to help them with message therapy sessions for their warriors.

"Many of the attendees know each other through our expanded support system network on a Facebook group," Erin said. "We've stayed in touch and bonded through the years because having friends in similar situations as your own really can help."

Time was set aside during the event to relax, laugh, and cry as the women shared their experiences with each other. They watched a Wonder Woman themed movie in their pajamas and then dressed up for a night out in historic St. Augustine.

"This weekend, I learned it's OK to accept help from others," said Jenna Malone, wife of Navy veteran Issac. "It's OK to take a hand up, and it doesn't mean I'm weak. It means I'm human. We all go through difficult times in our lives, and we all need a support system. I felt understood, I felt heard, and I felt supported."

Connecting family members of wounded veterans with one another and their communities helps long-term recovery needs, minimizes isolation, and creates a support structure during the healing process.

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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<https://newsroom.woundedwarriorproject.org/2018-02-12-Veteran-Support-Weekend-Empowers-Women-to-Aid-Recovery-Process>