

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

## Warriors Experience Veteran Peer Support at Gun Range

CHANHASSEN, Minn., June 5, 2018 /[PRNewswire-USNewswire](#)/ -- Veterans interested in the challenge of handgun training and target practice gathered during a recent Wounded Warrior Project® (WWP) class at the Stock & Barrel Gun Club. This stress-relieving activity offered warriors camaraderie and a chance to advance their handgun shooting skills.

"I haven't been shooting since shortly after I left the military," said Army veteran Keith Rose. "When my peer support group announced this event, we were all very enthusiastic about the opportunity."

Peer support plays an important role in the recovery process as injured veterans rely upon one another's learned experiences when managing day-to-day challenges. This special type of therapy reintroduces injured veterans to the unique bonds experienced during military service. Rarely duplicated in the civilian world, these relationships act as a secure bedrock that paves the road to recovery.

Warriors learned proper handgun grip, stance, and trigger control from a U.S. Army veteran with weapons training. They practiced live-scenario shooting and making judgment calls in a state-of-the-art simulated gun range that is often used for police officers training. The class also took part in a target practice shoot on the live range.

"The camaraderie among the group and the experience of the simulator and live fire range was a lot of fun for not only myself but all of the warriors at the event," Keith said.

WWP program events like this give wounded warriors an opportunity to experience veteran peer support firsthand.

"Wounded Warrior Project has been an integral part of my transition from being a soldier to being a veteran," Keith said. "It has provided a support network of vets who completely understand my background and can be there for me and my fellow warriors when needed."

In a [survey](#) of the veterans WWP serves, four in five respondents registered with the organization for social engagements and support. In short, connecting veterans with fun opportunities gets them out of their homes, in places where WWP can help.

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/2018-06-05-Warriors-Experience-Veteran-Peer-Support-at-Gun-Range>