

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

Veterans Charity Connects Warriors, Spouses During Relaxing Dinner

TOLEDO, Ohio, June 25, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans and their guests connected with one another as they unwound at a local restaurant during a recent Wounded Warrior Project® (WWP) event.

"This event was a great opportunity for my wife and me to spend time together as a couple, as well as talk with other warriors and learn more about Wounded Warrior Project programs," said Marine Corps veteran Shawn Seibert. "The food and company were first rate."

Activities like dining, relaxing, and socializing with other veterans and family can help injured warriors cope with stress and emotional concerns. In a WWP [survey](#) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues.

"I think talking to my wife and other veterans helped me work through some issues, develop goals, and just relax," Shawn said. "I talked with some of the other veterans about their lives. It's always great to make new warrior connections with people who share similar issues as me."

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

"Wounded Warrior Project has helped me meet other veterans and get out in the community," Shawn said. "Just as important, they've given my family a chance to cope with some of our recovery challenges."

To learn more, visit <https://www.woundedwarriorproject.org/programs/alumni>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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