

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

## Bullseye! Wounded Warriors Find Peer Support at Archery Event

DUNCANVILLE, Pa., July 6, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans and their guests gathered to share in camaraderie, while testing their skills at an archery event with Wounded Warrior Project® (WWP).

"As an active bow hunter, I got in some great practice and made a few new friends," said Army National Guard veteran Gene Frye. "The event was an opportunity to talk with other veterans who share similar experiences as me."

Isolation is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military. WWP programs offer settings that provide opportunities for warriors to experience veteran peer support.

Warriors received professional archery tips and practiced their bow skills on three outdoor ranges, including simulated hunt and 3D pop-up ranges. They also had the opportunity to socialize with others during a group lunch.

"It was a memorable event," said Army veteran Chris Oester. "Wounded Warrior Project and their event folks always do a great job at making us warriors feel at ease."

Activities like archery and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP survey (<https://www.woundedwarriorproject.org/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, and 30.3 percent indicated physical activity helps.

"This event was only the beginning," Gene said. "My wife and I are going to horse therapy later in the month. Wounded Warrior Project has helped me recapture my pride and renew my family ties."

WWP connects warriors with one another, their families, and communities. It serves warriors through lifesaving programs and services targeting mental and physical health, career and benefits counseling, and support for the most severely wounded. And WWP empowers warriors to mentor other veterans and live life on their terms.

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

<https://newsroom.woundedwarriorproject.org/2018-07-06-Bullseye-Wounded-Warriors-Find-Peer-Support-at->

[Archery-Event](#)