Warriors Strike Up Conversations, Connect at Bowling Event

DES MOINES, Iowa, Sept. 13, 2018 /PRNewswire/ -- Injured veterans and their families enjoyed laughter, good company, and bowling during a gathering with Wounded Warrior Project® (WWP).

"I love connecting with other warriors and their families," said National Guard veteran Matthew Cowie. "The best part was meeting new people and talking with each other. We have a strong and reliable group of warriors. It's been as close as I can get to the feeling of camaraderie I had when I served."

It's important for warriors to talk to people who understand what they're going through. In a WWP survey (https://www.woundedwarriorproject.org/survey) of the wounded 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 loved being able to enjoy time with my family in an environment where I felt safe," said Army veteran Laura Hinkeldey. "I know my Wounded Warrior Project brothers and sisters have my six at all times."

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.

"This event allowed me to do something memorable with my family while strengthening the bonds and support I have in the Wounded Warrior Project community," Laura said. "We had a blast! My 3.5-year-old twins bowled for the first time and absolutely loved it."

Isolation is one of the most significant struggles wounded warriors deal with after serving their country. A supportive community makes all the difference for a warrior struggling to find new purpose in civilian life. Connecting with fellow service members and people in the community gives warriors support they can count on. It creates a veteran support structure during the healing process – because wherever veterans are on their journeys, they shouldn't have to go it alone.

"I do a lot of volunteering with Wounded Warrior Project," Matthew said, "and it gives me a sense of accomplishment. It feels like I'm still making a difference. I don't have any blood family here in Iowa, but with my peers, I've found everything that I need in a family."

Learn more at 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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