

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

Warrior and Spouse Vow Peace, Protection, and Prosperity During Couples Project Odyssey

SAVANNAH, Ga., Jan. 14, 2019 /[PRNewswire](#)/ -- Sidney Brady and his wife, Elizabeth, are no strangers to the stresses of marriage and raising a family. Adding another level of complexity, Sidney copes with post-traumatic stress disorder (PTSD) stemming from his deployment during Operation Enduring Freedom. Returning home, Sidney registered with Wounded Warrior Project® (WWP) to get involved with Project Odyssey®, a program that helps with [combat stress](#).

"When dealing with my PTSD, I know things can get out of control," said Sidney, an Army veteran. "I get very anxious, angry, and frustrated and simply want to avoid everything and everybody."

Sidney recognizes the way he coped with PTSD placed an unhealthy strain on [his relationship with his wife and children](#), and it changed the entire dynamic of their home life.

"Before attending Project Odyssey, I didn't know what to do," said Sidney. "I felt that secluding myself for days was the best option because I didn't want to deal with anything ... not even my own family."

The one constant in Sidney's journey with PTSD is Elizabeth.

"No matter how I am feeling, she is always there to step in where I leave off," said Sidney.

To work on managing PTSD and prioritizing the health of their family, Sidney and Elizabeth registered for a couples Project Odyssey, which focuses on both warriors and spouses.

"Our goal was to improve communication and intimacy," said Sidney. "We also needed guidance on how to act and react during my PTSD episodes."

During the Project Odyssey, each couple not only shared vulnerability in group sessions but also challenged themselves during activities designed for discovering something new about their significant other. These included kayaking, painting, and building a family crest.

"One of the things we admired most is the family crest and motto we created together," said Sidney.

That motto: We will be each other's peace, protection, and prosperity.

To help warriors like Sidney, visit <https://wwp.news/Donate>.

Read Sidney's full story and watch a video of WWP's couples Project Odyssey at <https://newsroom.woundedwarriorproject.org/highlights?item=31051>.

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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<https://newsroom.woundedwarriorproject.org/2019-01-14-Warrior-and-Spouse-Vow-Peace-Protection-and-Prosperity-During-Couples-Project-Odyssey>