

PROGRAM

DIRECTORY



**WOUNDED WARRIOR
PROJECT®**

WOUNDED WARRIOR PROJECT®

WE CONNECT, SERVE, AND EMPOWER.



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- ★ **We connect** warriors, their families, and caregivers to peers, programs, and communities to ensure they have a network of support.
 - ★ **We serve** these groups through free mental and physical health and wellness programs, career and benefits counseling, and by providing ongoing support for the most severely injured.
 - ★ **We empower** warriors to live life on their own terms, mentor fellow veterans and service members, and embody the Wounded Warrior Project® (WWP) logo by carrying one another on a path toward recovery.
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WOUNDED WARRIOR **SEAN KARP** WITH HIS FAMILY

WHO WE SERVE

WWP serves veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. Family members of these warriors are also eligible for free WWP programs and services.

★ SIGN UP TODAY ★

Visit **woundedwarriorproject.org** and click “Register Today” at the top of the page. You can also contact the WWP Resource Center for help registering.

Once your registration is confirmed, you’ll begin receiving *The Post*, a weekly email highlighting upcoming WWP events in your area. *The Post* makes it easy to sign up for events online with just a few clicks.

★ RESOURCE CENTER ★

You can also reach out to the WWP Resource Center by phone or email to begin participating in WWP programs or to find other resources in your area.

 **888.WWP.ALUM** (997.2586)
904.405.1213 (international calls)

 **resourcecenter@woundedwarriorproject.org**



WOUNDED WARRIOR
MARK LALLI

“We all share a common ground, and we can use it as a starting point to better our lives.”

— WOUNDED WARRIOR **CARLOS DE LEÓN** (CENTER)



GET CONNECTED

Get in touch with resources and people who understand your needs.

During military service, warriors form bonds with one another that are as strong as family ties. WWP helps to re-form those relationships by providing wounded warriors opportunities to connect with one another through community events and veteran support groups. We also provide easy access to local and national resources through outreach efforts and with the help of partners.

★ ALUMNI PROGRAM

All warriors registered with WWP are known as “Alumni.” Get to know other Alumni, family members, and caregivers in your community through an array of community-building events.

★ RESOURCE CENTER

Find out what resources are available to you by calling 888.WWP.ALUM (888.997.2586) or 904.405.1213.

★ PEER SUPPORT

Join a local group of fellow warriors that can offer real-life solutions to challenges you’re facing.

★ OPERATION OUTREACH

We’ll reach out to you to provide a listening ear and connect you with helpful resources.

★ COMMUNITY PARTNERS

We partner and connect you with other local and national organizations dedicated to meeting your needs.

★ POLICY & GOVERNMENT AFFAIRS

We work to understand your needs and advocate on your behalf in Washington, DC.

Learn more about these programs at woundedwarriorproject.org.

Warriors, family members, and caregivers can contact the Resource Center at **888.WWP.ALUM** (997.2586) or resourcecenter@woundedwarriorproject.org.

MENTAL HEALTH & WELLNESS

Get help dealing with PTSD, TBI, and other invisible wounds of war.

This generation's signature wounds of war can't be seen. WWP offers warriors and their families free programs and services that help treat post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), combat stress, and other invisible injuries. WWP helps warriors set and achieve mental health goals by providing effective tools and ensuring a fully supportive community and family environment.

★ WARRIOR CARE NETWORK®

We connect you with free outpatient mental health care at one of four world-class medical centers.

★ COMBAT STRESS RECOVERY PROGRAM

We can support you whether you're dealing with military-related stress or trauma, or want help finding your new normal.

★ PROJECT ODYSSEY®

Join fellow veterans on a multi-day, adventure-based event designed to support your mental health and wellness.

★ WWP TALK

We provide weekly emotional support over the phone. Just give us a call at **888.WWP.ALUM (997.2586)**.

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“[Project Odyssey] helped me realize I wasn't crazy. It was empowering, and it was a real turning point for me.”

— WOUNDED WARRIOR **TANIKI RICHARD**



“You don’t get help until you ask for help, and there are people out there who care. Don’t give up on yourself. Take those positive steps today.”

— WOUNDED WARRIOR
DAVID GUZMAN



PHYSICAL HEALTH & WELLNESS

Get active, lose weight, and live healthy again!

When wounded warriors commit to making a positive change in their physical recovery, WWP is ready to help. Goal-setting, coaching, skill-building, physical training, cycling, and other opportunities provide the resources warriors need to make long-term changes toward a healthy life.

★ PHYSICAL HEALTH & WELLNESS

We provide nutrition and exercise coaching to help you take control of your health.

★ SOLDIER RIDE®

Sign up to join fellow warriors and trained staff on a life-changing, multi-day cycling event.



SOLDIER RIDE
PITTSBURGH

Learn more about these programs at woundedwarriorproject.org.

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CAREER & VA BENEFITS COUNSELING

Take the first step toward financial success.

Financial stability is the cornerstone of a thriving recovery. If a warrior isn't financially stable, it's difficult to focus on anything else. WWP provides Department of Veterans Affairs (VA) and Department of Defense (DoD) benefits claims assistance to ease the process of receiving the benefits you are owed. We also provide career services to help warriors secure rewarding civilian careers.

★ BENEFITS SERVICE

We'll make sure you're getting the VA and DoD benefits you earned.

★ WARRIORS TO WORK®

Kick-start your career with resume-writing assistance, interview coaching, and more.

WOUNDED WARRIOR
LISA CRUTCH



Learn more about these programs at woundedwarriorproject.org.

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“Unfortunately, in too many instances, veterans spend months looking for work after separation [from the military]. The Warriors to Work program bridges that gap and matches veterans with employers.”

— WOUNDED WARRIOR **BILL JONES**



INDEPENDENCE

We offer help to the most severely injured warriors.

The most severely injured warriors often need specialized care and services. When the government can't cover what the warrior needs, WWP is there. We help ensure these warriors receive the support they need.

★ INDEPENDENCE PROGRAM

We provide resources for warriors to thrive in the most independent and meaningful way possible.



WOUNDED WARRIOR **JASON EHRHART** WITH HIS MOTHER AND CAREGIVER **PAM ESTES**

“WWP hired a tutor for Shane to continue his speech therapy. I couldn’t believe WWP was going to foot the bill. And Shane has done so well. It’s amazing.”

— **CINDY PARSONS**, CAREGIVER FOR WOUNDED WARRIOR **SHANE PARSONS**



Learn more about these programs at woundedwarriorproject.org.

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LEARN MORE

Visit **woundedwarriorproject.org** for more information about all of our programs. Warriors, family members, and caregivers can contact the WWP Resource Center at **888.WWP.ALUM** (997.2586) or email **resourcecenter@woundedwarriorproject.org**.



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