
LEARN MORE

For more information, please visit
woundedwarriorproject.org
or call **888.WWP.ALUM** (997.2586).

★ ★ ★ **PROGRAM DIRECTORY** ★ ★ ★





WHO WE ARE

★ Our Mission ★

To honor and empower wounded warriors.

★ Our Vision ★

To foster the most successful, well-adjusted generation of wounded service members in our nation's history.

★ Our Purpose ★

- To provide unique, direct programs and services to meet the needs of injured service members.
 - To raise awareness and enlist the public's aid for the needs of injured service members.
 - To help injured service members aid and assist each other.
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CAREGIVER **JENNA MALONE** AND HER HUSBAND AND WOUNDED WARRIOR, **ISAAC**

WHO WE SERVE

Wounded Warrior Project® (WWP) serves veterans and service members who sustained 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. All WWP programs and services are offered free of charge to warriors and their families.

★ SIGN UP TODAY ★

Visit woundedwarriorproject.org and click “Join” at the top right 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 connecting you with WWP events. *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 Monday–Friday 9 a.m.–9 p.m. EST 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**

“Thanks to you, I know it’s all about finishing together, not finishing first. It’s extremely important to have my brothers and sisters by my side as I continue through the next phase of my life.”

— WOUNDED WARRIOR **TANIKI RICHARD** (CENTER)



CONNECTION

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 reform 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 CONNECTION PROGRAM

Offers unique experiences for warriors to build camaraderie with peers, create a network of support in their communities, and get involved with other WWP programs.

★ RESOURCE CENTER

Works with warriors to identify their individual needs, determine next steps, and guide them to appropriate programs and services.

★ PEER SUPPORT GROUPS

Small, warrior-led groups that allow warriors to connect with their peers and strengthen bonds through shared experiences in a safe, judgment-free environment.

★ COMMUNITY PARTNERSHIPS

Partners with other military and veteran support organizations to create systems of support for warriors across the nation and in their communities.

★ GOVERNMENT AFFAIRS

As the voice of our nation’s warriors in Washington, D.C., the WWP Government Affairs team fights to resolve the most pressing issues that matter most to veterans.

Learn more about Connection programs at woundedwarriorproject.org/programs/get-connected

MENTAL HEALTH AND WELLNESS

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

This generation's signature wounds of war often can't be seen, WWP supports veterans living with the invisible wounds of service. WWP offers wounded warriors and their families lifesaving programs that help them manage PTSD, TBI, and other conditions and help them thrive in their next mission.

★ WARRIOR CARE NETWORK

To accelerate the development of advanced models of mental health care, WWP has partnered with four world-renowned academic medical centers to offer a 2–3 week intensive outpatient program to veterans with PTSD and TBI that has proven to be life changing for thousands of warriors.

★ PROJECT ODYSSEY

A 12-week mental health program that uses adventure-based learning to help warriors manage and overcome their invisible wounds, enhance their resiliency skills, and live productive and fulfilling lives. Based on their unique needs, warriors can participate in an all-male, all-female, couples, or virtual Project Odyssey.

★ WWP TALK

WWP Talk is a free, one-on-one, telephonic mental health support line that connects warriors and family members to a dedicated team member who helps them work through various issues. The scheduled weekly calls provide a judgment-free place to get reliable emotional support.

Learn more about our Mental Health programs at
woundedwarriorproject.org/programs/mental-wellness

“You have to admit that you’re not well. It’s safe to do that with Wounded Warrior Project. It has impacted my confidence to get back to life and truly live.”

— WOUNDED WARRIOR
ANTOINETTE WALLACE



“Wounded Warrior Project helped me get back in shape and live a healthier life. I’ve lost weight and gained a ton of self-confidence.”

— WOUNDED WARRIOR
JOSE RODRIGUEZ



PHYSICAL HEALTH AND WELLNESS

Get active and live healthy again!

When warriors commit to making positive changes to improve their health, WWP is ready to assist. Through coaching, nutritional education, shared physical activities, adaptive sports, goal setting, and skill building, warriors are empowered to make long-term changes toward a healthier life.

★ ADAPTIVE SPORTS

Empowers warriors to unleash their highest potential by providing opportunities to participate in modified athletic events designed for their individual abilities.

★ PHYSICAL HEALTH & WELLNESS

Motivates warriors to make long-term changes for a healthy life through coaching, wellness education, and goal setting.

The cornerstone is the multi week coaching program, which helps warriors develop an active lifestyle and better nutrition habits. Warriors reach their goals through various activities and challenges that help them regain physical independence and improve mental health and well-being.

★ SOLDIER RIDE®

A unique, multiday cycling event that helps warriors build their confidence and strength through shared physical activities and bonds of service in a supportive environment.

Learn more about our Physical Wellness programs at woundedwarriorproject.org/programs/physical-wellness

FINANCIAL WELLNESS

Take the first step toward financial success.

WWP knows that the time after service can feel like a whirlwind, from navigating VA benefits to successfully forging a new career. We provide warriors and their families with the resources and assistance to live financially resilient lives and achieve their highest ambitions.

★ BENEFITS SERVICE

Advocates for injured veterans and their families helping them obtain their well-earned benefits. The program helps warriors and their families understand their options, receive their benefits, and focus on their recoveries.

★ FINANCIAL EDUCATION PROGRAM

Empowers warriors to take charge of and manage their finances to build a strong foundation for themselves and their families.

★ WARRIORS TO WORK®

Provides warriors and their family members with the resources and assistance they need to be successful in the civilian workforce. Program participants learn the skills necessary to find meaningful employment and live financially resilient lives.



WOUNDED WARRIOR
LISA CRUTCH (CENTER)

Learn more about our **Financial Wellness programs** at woundedwarriorproject.org/programs/career-and-va-benefits-counseling



“Wounded Warrior Project doesn’t just give you something; they expect you to earn it. They find a way to help you with their resources. They are a hand up, not a handout.”

— WOUNDED WARRIOR SEAN KARPF



“I want that independence I used to have. Wounded Warrior Project helps give that back to me. As soldiers, we fought and bled for our country, and we just want to be independent again.”

— WOUNDED WARRIOR SHANE PARSONS

INDEPENDENCE

Live a more independent life.

The resources provided by WWP Independence Program allow the most severely wounded warriors the ability to lead a full life at home instead of a long-term care facility.

★ INDEPENDENCE PROGRAM

Provides long-term support to catastrophically wounded warriors living with injuries that impact independence, such as moderate to severe brain injury, spinal cord injury, or neurological conditions. Because every journey is different, we work as a team with each warrior, their family members, and their caregivers to set goals that will help them live a fulfilling life, at home, with their loved ones.



WOUNDED WARRIOR
JASON EHRHART

★ **Learn more about the Independence Program at**
woundedwarriorproject.org/programs/independence-program