

**TAKE THE FIRST STEP**

Register today to get started.  
Scan the code below, or visit  
[woundedwarriorproject.org/join](https://woundedwarriorproject.org/join).



**WOUNDED WARRIOR  
PROJECT®**

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# PROGRAMS & SERVICES

Helping veterans and their  
families thrive for a lifetime.



**WOUNDED WARRIOR  
PROJECT®**



# WHO WE ARE

At Wounded Warrior Project® (WWP), we are changing the way our nation cares for veterans and helping them thrive for a lifetime.

Our wide range of programs, services, and resources work together to empower your social, physical, mental, and financial wellness. We provide essential lifelines to families and caregivers. We inspire the hope and purpose that help prevent veteran suicides. We leave no warrior behind.

## MISSION

**To honor and empower** wounded warriors.

## VISION

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

# WHO WE SERVE

Post-9/11 wounded, ill, or injured veterans and their families are eligible to join and never pay a penny for our services and support. If you are currently on active duty, transitioning, or served on or after September 11, 2001, you may be eligible. A disability rating is not required. If you are unsure, please contact the WWP Resource Center.

When you join, you become part of a supportive community focused on your total well-being. You'll find people who are like you, understand you, and are there for you.

**LEARN MORE**

To learn more about our eligibility requirements and join today, visit:  
[woundedwarriorproject.org/join](http://woundedwarriorproject.org/join)

WOUNDED WARRIOR  
CHRIS GORDON



# SOCIAL CONNECTION

FIND A COMMUNITY OF PEERS WHO UNDERSTAND YOU AND RESOURCES TO MEET YOUR NEEDS.

## ★ ALUMNI CONNECTION PROGRAM

Virtual and in-person events — from family fun days to sporting events and couples' outings, these opportunities help you build camaraderie with peers and create a network of support in your community.

## ★ WWP PEER SUPPORT GROUPS

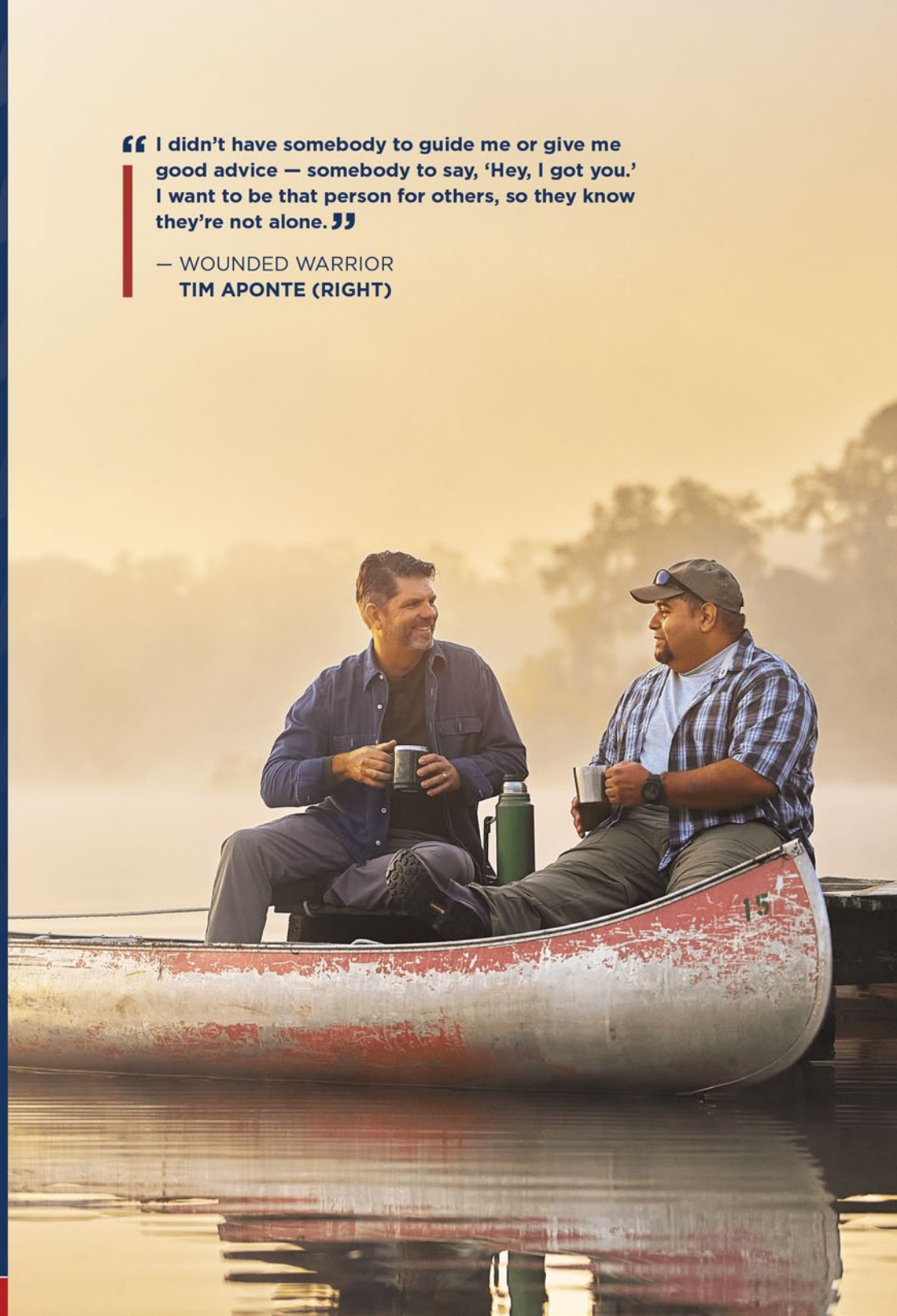
Small support groups led by peers that allow you to connect with each other and strengthen bonds through shared experiences in a safe, judgment-free environment. Meetings are held virtually and in person across the country.

**LEARN MORE**

For more information about our social connection programs, visit:  
[woundedwarriorproject.org/connect](https://woundedwarriorproject.org/connect)

“ I didn't have somebody to guide me or give me good advice — somebody to say, 'Hey, I got you.' I want to be that person for others, so they know they're not alone. ”

— WOUNDED WARRIOR  
TIM APONTE (RIGHT)



# MENTAL HEALTH

INCREASE RESILIENCE AND IMPROVE  
MENTAL AND EMOTIONAL WELL-BEING.

## ★ WWP TALK

Weekly one-on-one telephonic emotional support calls with a dedicated team member — providing a judgment-free place to work through various issues.

## ★ PROJECT ODYSSEY\*

A 12-week mental health program that uses adventure-based learning to help you manage invisible wounds and enhance your resiliency skills. Project Odyssey is available in all-male, all-female, coed, family, and couples' cohorts.

## ★ WARRIOR CARE NETWORK\*

World-class, highly effective accelerated brain health treatment where you can realize immediate and lasting relief from disruptive symptoms of post-traumatic stress disorder, traumatic brain injury, and other mental and brain health concerns.

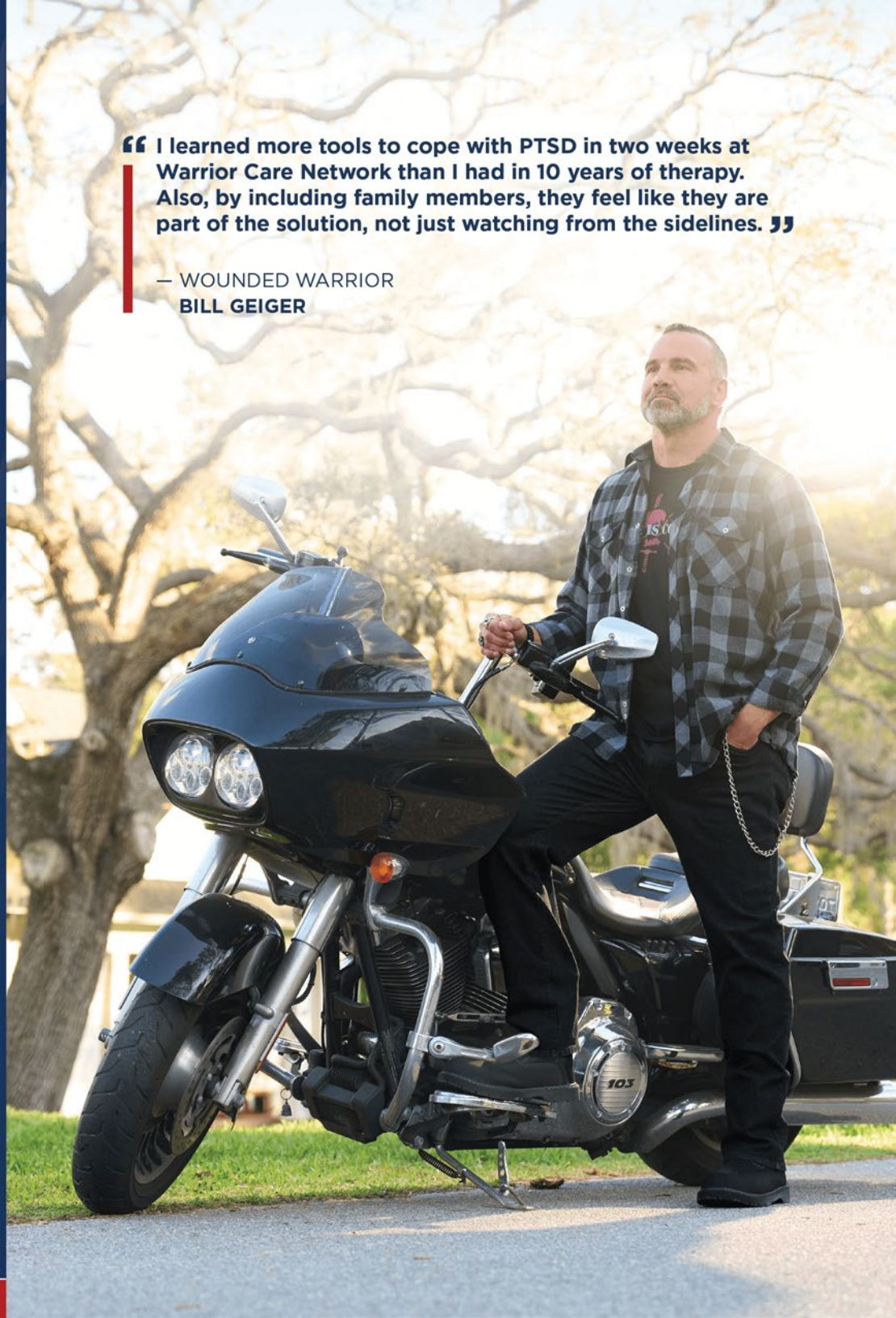
We recognize that you may have unique needs that require personalized assistance. WWP™ can work one-on-one with you to help remove barriers to your mental health care.

**LEARN MORE**

For more information about our mental health programs, visit:  
[woundedwarriorproject.org/mentalhealth](https://woundedwarriorproject.org/mentalhealth)

“ I learned more tools to cope with PTSD in two weeks at Warrior Care Network than I had in 10 years of therapy. Also, by including family members, they feel like they are part of the solution, not just watching from the sidelines. ”

— WOUNDED WARRIOR  
**BILL GEIGER**



# PHYSICAL WELLNESS

GET ACTIVE, FEEL BETTER, AND  
RESTORE YOUR CONFIDENCE.

## ★ ADAPTIVE SPORTS

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

## ★ PHYSICAL HEALTH & WELLNESS

Personalized solutions and coaching to help you tackle common issues like sleep, pain, and stress. Together, we'll help you build healthier habits like eating better and getting active to help you feel better — in both body and mind.

## ★ SOLDIER RIDE®

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

LEARN MORE

For more information about our physical wellness programs, visit:  
[woundedwarriorproject.org/wellness](https://woundedwarriorproject.org/wellness)

“ I realized I don't have to lose an activity just because I don't do it the same as everyone else; I am bettering myself physically, emotionally, and spiritually. Wounded Warrior Project gave me a community of people who understand the struggle is real. ”

— WOUNDED WARRIOR  
BETH KING



# FINANCIAL WELLNESS

CHART YOUR PATH TO FINANCIAL STABILITY AND CAREER GROWTH.

## ★ BENEFITS SERVICES

WWP's team of accredited National Service Officers who are experts in navigating the VA claims process and are dedicated to helping you get the benefits you've earned in a manner that honors your service.

## ★ FINANCIAL READINESS

Empowers you to feel more confident and in control of your finances through virtual seminars, personalized coaching sessions, online resources, and more.

## ★ WARRIORS TO WORK®

Provides you with the resources and assistance you need to be successful in the civilian workforce. You'll learn the skills necessary to find meaningful employment and live a financially resilient life.

LEARN MORE

For more information about our financial wellness programs, visit: [woundedwarriorproject.org/transition](https://woundedwarriorproject.org/transition)

“ Thanks to WWP, my wife and I have gotten out of bankruptcy and are on our way toward financial freedom. ”

— WOUNDED WARRIOR  
JOEY HOOKER



# LIFELONG CARE

GET THE SUPPORT YOU NEED TO LIVE MORE INDEPENDENTLY, ON YOUR OWN TERMS, FOR LIFE.

## ★ INDEPENDENCE PROGRAM

Provides long-term support to the most severely wounded warriors living with injuries that impact independence, such as moderate to severe brain injury, spinal cord injury, or neurological conditions. Caregivers for severely wounded warriors also benefit from the Independence Program, which provides innovative and ongoing support services to help them in their new, sometimes overwhelming roles.

## ★ CONTINUOUS CARE SERVICES

Empower the most severely injured warriors to plan for the long-term, and, in the event of caregiver loss or separation, remain in a surrounding that allows for as much independence as possible with the highest-quality care. Continuous Care Services are available to warriors and caregivers enrolled in the Independence Program.

**LEARN MORE**

For more information about the Independence Program, visit:  
[woundedwarriorproject.org/independence](https://woundedwarriorproject.org/independence)

“ Jason is part of the Independence Program — that’s the biggest impact on his life in the long term. It will be there when my husband and I are no longer around to take care of him. ”

— PAM ESTES,  
CAREGIVER FOR WOUNDED  
WARRIOR JASON EHRHART



# ADVOCACY AND RESEARCH

UNCOVERING AND ADVOCATING FOR THE  
NEEDS OF ALL VETERANS.

## ★ GOVERNMENT AFFAIRS

Advocacy efforts for policy and legislation that make a real difference for veterans and their families. Our Operation Advocacy program gives you the opportunity to participate in our advocacy through online activities, in-person meetings with your representatives, and more.

## ★ RESEARCH

WWP conducts and funds critical research to uncover the greatest needs of warriors. Our two largest research efforts include the Warrior Survey and the Women Warriors Report. By participating in WWP research opportunities, you're giving a voice to fellow warriors — helping us create and advocate for better support for veterans across the country.

**LEARN MORE**

For more information about advocacy efforts, visit:  
[woundedwarriorproject.org/advocacy](https://woundedwarriorproject.org/advocacy)

“ I’m very proud to be a part of Wounded Warrior Project’s advocacy process. It’s important that we all band together because we’re so much stronger when we’re together. ”

— WOUNDED WARRIOR  
RAINA CLARK



# JOIN TODAY

## STAY CONNECTED

Registered warriors and family members have access to all of WWP's support resources:

### ★ MYWWP

WWP's app and web portal where you can sign up for events, register for programs and services, and connect with fellow warriors and family members.

### ★ THE POST

WWP's weekly e-newsletter that shares current updates and lists upcoming events.

### ★ WWP RESOURCE CENTER

WWP's central hub that provides ongoing support and guidance and can connect you with programs, services, and vetted resources.



### ★ REGISTER TO GET STARTED

#### Visit:

[woundedwarriorproject.org/join](https://woundedwarriorproject.org/join)

#### Contact the WWP Resource Center:

**888.WWP.ALUM** (997.2586)

**904.405.1213** (international calls)

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

**Available Monday - Friday  
9 am - 9 pm ET**

### ALREADY REGISTERED WITH WWP?

Download the MyWWP® mobile app or access the web portal to sign up for WWP programs and services anywhere, anytime. Creating an account is easy.

To get started, scan the code below, or visit

[woundedwarriorproject.org/mywwp](https://woundedwarriorproject.org/mywwp)

