IT’S ABOUT YOU.

Wounded Warrior Project™ (WWP) exists to foster the most successful, well-adjusted generation of wounded service members in our nation’s history. And this Program Directory will explain how we can help you and your family in pursuit of that goal. Our programs are divided into four main categories:

- ENGAGEMENT
- MIND
- BODY
- ECONOMIC EMPOWERMENT

See anything we’re missing? We try to cover all the bases, but if you can think of any other services that might be helpful, we hope you’ll let us know.

The thing to remember is this: You’re not alone. Working together WWP can help you on your journey to a fulfilling and rewarding life.

Learn more. Contact us at:

woundedwarriorproject.org
888.WWP.ALUM (997.2586)
resourcecenter@woundedwarriorproject.org
Hours of operation: Monday – Friday, 9 a.m. – 8 p.m. EST

All WWP programs are free. Learn how to participate by contacting the WWP Resource Center at 888.WWP.ALUM (997.2586), 904.405.1213, or resourcecenter@woundedwarriorproject.org.
ABOUT US

OUR MISSION
To honor and empower wounded warriors.

OUR PURPOSE
To raise awareness and enlist the public’s aid for the needs of injured
service members; to help injured servicemen and women aid and assist
each other; and to provide unique, direct programs and services to
meet their needs.

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

A LITTLE BACKGROUND
It all started when a group of veterans and friends was moved to action
by the stories of the first wounded service members returning home
from Afghanistan and Iraq. WWP started as a program providing
comfort items to wounded service members, delivering backpacks at a
military medical center. The organization has grown into a complete
rehabilitative effort to help warriors with invisible and visible wounds
as they recover and make the sometimes-difficult transition back to
civilian life.

PROGRAMS AND ELIGIBILITY
WWP programs are offered at no charge whatsoever. They are
available to all those who have incurred service-connected wounds,
injuries, or illnesses on or after September 11, 2001. Verification of
service is required.

If you haven’t yet registered as a WWP Alumnus, we hope you will
by visiting woundedwarriorproject.org. Or you can contact the
WWP Resource Center at 888.WWP.ALUM (997.2586) or
resourcecenter@woundedwarriorproject.org. The sooner you do it,
the sooner we can help.
WHERE YOU’LL FIND US

We like to be as close as possible to those we serve, so we have offices in each of the following cities (just check the back cover for addresses and phone numbers):

› Atlanta, Georgia
› Chicago, Illinois
› Colorado Springs, Colorado
› Fayetteville, North Carolina
› Houston, Texas
› Jacksonville, Florida
› Nashville, Tennessee
› New York, New York
› Phoenix, Arizona
› Pittsburgh, Pennsylvania
› San Antonio, Texas
› San Diego, California
› Seattle, Washington
› Washington, DC
› Landstuhl, Germany, in support of Landstuhl Regional Medical Center and other European locations
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More information is available at woundedwarriorproject.org. Check it out!
Think of the WWP Resource Center as your home base for help. The Resource Center answers questions and also reaches out to warriors and caregivers alike in an effort to help you get the most out of everything Wounded Warrior Project offers:

› Register as a WWP Alumnus or family member
› Learn more about WWP programs
› Get in touch with a benefits liaison
› Find mental health resources
› Connect with a peer mentor
› Identify community resources, including financial assistance options

The WWP Resource Center can help you with all this and much more.
ALUMNI

WWP Alumni staff are located near military treatment facilities and in all WWP offices to provide support and education about our programs. We serve warriors in communities across the country at every stage of their recovery; from newly wounded and throughout their life. WWP has different opportunities where you can engage with others:

➤ Alumni Events and Activities: Participate in sports and outdoor activities, attend collegiate and professional sporting events, educational sessions, and recreational activities — they’re all part of our Alumni program. Join us for activities throughout the year.

➤ After Action Report: Our quarterly magazine will keep you informed about WWP activities and inspire you with stories of fellow Wounded Warriors as they pursue life to the fullest.

➤ Coming in 2013: A new Alumni and family-only website with the latest news about national and local WWP activities.

WWP also offers an Alumni discount program:

➤ Veterans Advantage: Take advantage of discounts on a wide range of products and services with your free membership in Veterans Advantage. It’s yours just by being an active WWP Alumni.

Get started! Register as an Alumnus today. Visit woundedwarriorproject.org, email resourcecenter@woundedwarriorproject.org, or call 888.WWP.ALUM (997.2586).
Understanding the details of benefits you deserve can be confusing. The WWP Benefits Service team is here to provide information specific to your needs, helping you make the most of your benefits. We can:

- Educate you and your support team in understanding all the benefits you’re entitled to
- Help you and your family connect with the government benefits and services you need
- Provide information about how to access local community resources

WWP helps you access programs through the Department of Defense, Department of Veterans Affairs, and State Veterans Benefits. We work closely with these agencies and will break down the process into an easy-to-follow procedure. When a claim is filed, we make sure it is processed correctly the first time and guide you through this crucial part of your transition.

For benefits help, contact our Resource Center team at resourcecenter@woundedwarriorproject.org.
INTERNATIONAL SUPPORT

WWP doesn’t just work stateside. We’re quite active serving warriors in Europe and Germany at Landstuhl Regional Medical Center (LRMC) and Ramstein Air Base.

WWP also supports the dedicated men and women who provide medical care at LRMC. Monthly “thank-you” videos and posters feature LRMC warrior stories showcasing their successful transition and lives today. We hold staff resiliency events/luncheons and BBQs with rehabilitated Wounded Warriors returning to LRMC to personally thank the medical personnel. We try to reward their selfless work with encouragement and expressions of gratitude and appreciation.

We support those in the Warrior Transition Battalion (WTB) in Europe by providing many of the programs we offer stateside, such as:

- Transition Training Academy (information-technology training)
- Mental-health services
- Physical health and wellness programs
- Benefits services

To learn more about our international programs, please visit woundedwarriorproject.org.
Often, the most enduring wounds of war are the ones that affect the mind, rather than the body. It’s estimated that as many as one in five warriors returning from the current conflicts live with post-traumatic stress disorder (PTSD) and depression. The WWP Combat Stress Recovery Program (CSRP) and Family Support program help warriors and their families maintain healthy, meaningful relationships while pursuing life goals free from the barriers or stigmas associated with mental-health issues.

**COMBAT STRESS RECOVERY PROGRAM**

At Wounded Warrior Project, we realize that it’s tough to get your life back in gear when you’re living with combat stress and PTSD. We also understand the trouble you may have gaining access to care — not to mention the challenges of interpersonal relationships when you return home.

That’s why we created our CSRP. In addition to helping warriors set goals toward readjustment and connecting with mental health resources, the CSRP offers two main programs:

- **Project Odyssey**
- **Restore Warriors**

Through these initiatives, we serve the mental-health needs of warriors and their families returning with combat stress and PTSD. WWP provides individual attention and support at key stages for warriors and their families during the warrior’s recovery and transition processes. WWP is focused on the long-term mental health of the warrior and we are dedicated to providing continued support as the needs arise. We approach these issues from the warrior’s perspective. And we can help you with:

- **Stress**
- **Relationship problems**
- **Anger**
- **Self-esteem issues**
- **Trust**
- **Self-care challenges**
- **Loss and depression**
- **Alcohol or drug abuse**

For more information on the Combat Stress Recovery Program, please contact the WWP Resource Center at 888.WWP.ALUM (997.2586) or resourcecenter@woundedwarriorproject.org.
PROJECT ODYSSEY

Head for the great outdoors with other warriors like you. By day, ski the slopes, ride the whitewater, or climb a rock face. By night, gather around a campfire, talking with warriors who have been through the same battles you have — both on and off the battlefield.

Using the healing power of nature, along with support from our mental health professionals and staff, the program lets you step back from everyday routines while gaining a new perspective on life back home. Activities may include:

› Canoeing  › Horseback riding  › Fishing  › Ropes courses

But most of all, you’ll find the camaraderie that can only be shared by those who have encountered the same experiences you have.

Offered on a regional basis, Project Odyssey truly deserves the name it borrows from Homer’s timeless epic about returning home from war.

This isn’t just a one-time event, either. WWP continues supporting you through personal outreach and other local combat stress resources.

Learn how to start your own odyssey. Contact the WWP Resource Center at 888.WWP.ALUM (997.2586) or resourcecenter@woundedwarriorproject.org.
RESTORE WARRIORS

Restore Warriors is an anonymous website for warriors and families looking for information and practical advice about living with combat stress and PTSD. It gives you a start in understanding your symptoms and learning how to manage them everyday.

» Take a quick and simple, 11-question self-assessment to guide you to the most relevant self-help strategies.
» Warriors share their experiences with combat stress and solutions they found to everyday situations in a series of short videos.
» Links to other mental health resources are also available.

★ Check it out at restorewarriors.org.
★
When a warrior faces challenges, the family is experiencing those challenges along with the warrior. The stress is real. And so is Wounded Warrior Project’s support. We reach out to family members who suddenly find themselves serving as full-time supporters or caregivers. WWP offers Family Support Retreats and an online service, My Care Crew, to help support families.

We understand these loved ones need a break now and then, and our Family Support Retreat weekends provide time for them to rest and reflect in a supportive environment of peers. Sharing strategies for coping and overcoming obstacles is a valuable part of our retreats. And a feeling of fellowship reminds family members they are not alone.

Wounded Warrior Project supports families.
For more information, please email familysupport@woundedwarriorproject.org.
Caregiving has come to the digital age. WWP’s My Care Crew is a private website that helps warriors and their families build a community of extended family members, friends, and even community volunteers who want to help with errands and other needs during the warrior’s rehabilitation.

Family or friends, known as crew coordinators, list needs of the family on the website. Then, approved family, friends, and community volunteers sign up online to help with those tasks. A virtual calendar tracks their actions, and email notifications are sent to remind volunteers about upcoming duties. Use My Care Crew to find help with:

- Meal delivery
- Transportation
- Shopping
- Household chores

Crew coordinators can even post photos and journal entries to update friends and family on the Wounded Warrior’s status and progress, eliminating the need for repetitive updating by the family.

My Care Crew communities are free, private, and secure. To sign up, visit mycarecrew.woundedwarriorproject.org.
FAMILY SUPPORT RETREATS

WWW Family Support Retreats give family members an opportunity to get some much-needed rest and rejuvenation — and much more. Held at numerous locations around the country, these expense-paid retreats also offer opportunities to build new friendships that continue long after the retreat.

The intimate retreat size, usually 20 participants, allows family members to connect with others experiencing a similar range of emotions in a safe and comfortable setting. In addition, each retreat provides participants with the opportunity to expand their relaxation and coping skills with small, group activities led by trained and licensed counselors from the Give an Hour program. Other activities may include spa treatments or outdoor team building.
PEER MENTORING

Peer Mentoring can be the single biggest step toward living the life you want to lead. Many warriors develop one-to-one friendships with fellow warriors who are further along in the recovery process. Consider this:

➤ Our peer mentors have been where you’ve been, which means you can discuss your readjustment with someone who truly understands what you’ve been through, where you are in your transition, and where you want to go.

➤ Our certified peer mentors are excellent resources, listeners, and motivators who will share their own experiences with you.

➤ Peer mentors will help your family members understand what can be achieved and will work with them to support you.

➤ Role models, motivators, supporters, and friends, WWP peer mentors will be there for you.

Learn more about our Peer Mentoring program.
You may even want to become a peer mentor yourself.
Visit woundedwarriorproject.org.
Wounded Warrior Project seeks every opportunity to help wounded, injured, or ill service members make the most of their physical abilities. Our recreational activities, adaptive sports, and healthy lifestyle information help countless warriors achieve independence and pursue the highest quality of life possible.

**PHYSICAL HEALTH AND WELLNESS**

From recreation and adaptive sports to overall health strategies, our Physical Health and Wellness program is out to keep warriors physically engaged and well adjusted to life after injuries. The program includes:

- Comprehensive recreation and sports programs
- Health and nutritional strategies
- Physical rehabilitation aimed at maximum independence

At WWP, we’ve joined with specialized disabled sports providers to deliver exciting and engaging year-round sports and fitness programs. Adaptive equipment and trained instructors regularly help warriors achieve things they never thought they could. Activities can include:

- Surfing
- Snowboarding
- Skiing
- Bicycling
- Golf
- Team Sports — Softball, Basketball

Through these partnerships, we provide you, your immediate family, and your primary caregiver with year-round seasonal fitness, sporting, and exercise activities. Re-energize and re-invigorate your body while adapting to an active, healthy, and fit lifestyle. WWP is here to help.

For more information, contact the WWP Resource Center at resourcecenter@woundedwarriorproject.org or 888.WWP.ALUM (997.2586).
SOLDIER RIDE

It’s a ride, not a race. When you’re among a team of Wounded Warriors setting out on four days of cycling aboard a variety of standard and adaptive bicycles, it does something for your spirit. It’s amazing to see cycling and the bonds of service bring so many warriors together to overcome physical, mental, or emotional wounds. And no matter where you live, you can join in. The rides are an exhilarating way to help you gain confidence and realize you can do this! Soldier Rides have been held in:

- Miami/Key West
- Phoenix
- Chicago
- San Diego
- Seattle
- Jacksonville
- Washington, DC
- New York City
- Nashville
- San Antonio
- Landstuhl, Germany

It doesn’t matter what your ability level is. We have clinics, Soldier Rides, and Challenge rides that will fit your ability level. We’ll help match you with state-of-the-art adaptive hand cycles, trikes, and other specialized cycles to help you take part. We provide equipment and support at no cost to you. Soldier Ride starts and finishes as a group. Your fellow riders will let you know you’re never alone.

You can do it! Learn more about participating in a Soldier Ride and view videos and photos. Just visit soldierride.org or email soldierride@woundedwarriorproject.org.
It’s simple. At Wounded Warrior Project we want injured veterans to be successful in every aspect of their lives. WWP programs are designed to help warriors achieve financial independence through well-paying jobs, rewarding careers, and even business ownership. Our education programs, information-technology training, and employment-assistance services are designed to help you succeed, providing long-term stability for yourself and your family.

**CAMPUS SERVICES**

The value of education is high. WWP works directly with colleges, universities, and vocational programs to give you the support you need.

The fact is injured service members often face obstacles other students don’t, including:

- Combat stress
- Accessibility to classrooms and other facilities

Our Campus Services program seeks to level the playing field, offering the stability and support that can lead to academic success.

Give yourself an advantage in the classroom. Visit [woundedwarriorproject.org](http://woundedwarriorproject.org) or email [campusservices@woundedwarriorproject.org](mailto:campusservices@woundedwarriorproject.org) today.
The first whole-life approach to education for Wounded Warriors, TRACK can put you on the fast track to success. TRACK is a one-year learning program that focuses on both academics and vocational needs. TRACK allows participants to earn up to 24 credit hours at Florida State College at Jacksonville, Florida or at Alamo College in San Antonio, Texas. You'll experience:

▷ Academic classroom instruction
  ▷ Health and wellness training
  ▷ Personal-finance workshops
  ▷ Resume/interview preparation

▷ Peak performance training helps you visualize and reach your goals:
  ▷ Used successfully by major sports stars, CEOs, and military leaders
  ▷ Develops skills to positively focus your stress and energy
  ▷ Develops a new self-awareness and confidence

▷ Vocational phase
  ▷ Transition to workplace through local externships

You'll earn a grant that covers all class fees, book materials, a laptop, and yes, even individual living and housing expenses. But perhaps the most memorable part of your TRACK experience will be the special bond you build with fellow warriors as you live and learn together during your time in the program.

Get on TRACK for success. For more information, visit woundedwarriorproject.org and click the Programs tab, or email track@woundedwarriorproject.org.
We want to see you succeed. WWP and Raytheon Company have teamed up to create the Transition Training Academy (TTA), a program that helps you explore the information-technology field as a career choice.

You’ll learn valuable career skills with real-world applications, and you’ll also get a jump-start on future employment. In fact, after graduation from TTA, you’ll have plenty of great options:

- A civilian job
- Return to the service in an IT-related military occupational specialty (MOS)
- Advanced-level course work at a local college
- Earning valuable industry certifications, such as the CompTia A+, Network +, and the Security + certifications

Of course, like all WWP programs, TTA is absolutely free to you!

Boot up a great career. Learn more about Transition Training Academy at tta.woundedwarriorproject.org or email tta@woundedwarriorproject.org.
WARRIORS TO WORK

Our Warriors to Work program provides a personalized, high touch career counseling service. The program is dedicated to changing the lives of our warriors through career placement assistance. Here is what is included:

›› We match your skills and experience to the needs of hiring employers through individual counseling, resume assistance, resume writing, job leads, and career guidance.
›› You can post a profile and a resume on our dedicated website. Our recommended employers also receive a special login that allows them to post jobs, search for profile matches and find warrior resumes — like yours!
›› Services are also open to family members and registered caregivers.

★ Get to work! For more information, visit ★ wtow.woundedwarriorproject.org or email ★ wtow@woundedwarriorproject.org.
WWP creates, informs, and lobbies for policies that will support you and your family long into the future. Our Policy and Government Affairs team:

- Works with Congress and the federal government to promote forward-looking programs, regulations, and legislation that will benefit those we serve based on input received from our Alumni and their families
- Provides you with an advocacy voice through calls to action and grassroots involvement
- Actively provides information about new and changing government actions and programs that may impact you

Informed directly by your experiences and input, we fight for policy and legislative improvements that:

- Ensure the provision of high-quality health care, age-appropriate rehabilitation options, and community-based and peer-supported care, especially for warriors living with post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI)
- Restructure economic-empowerment programs and eliminate educational and employment barriers to success
- Eliminate gaps in DoD and VA transition and benefits programs and services

WWP was instrumental in securing the law that now provides comprehensive caregiver support to those family members who serve as the primary caregivers for the severely wounded. WWP continues advocating for the appropriate delivery of these vitally needed services. WWP was also instrumental in passage of a bill aimed at strengthening long-term rehabilitation services and encouraging independence through greater community integration. We are working hard to ensure the VA's immediate implementation of this law.

For more information on our Policy and Government Affairs program or to get involved, visit woundedwarriorproject.org.
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