

## News Release

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### ***WeAreVirginiaVeterans.org: The Commonwealth's newest tool to assist veterans***

RICHMOND: Iraq veteran Ben Shaw warns, “If you are just coming out of a combat zone (specifically from combat arms), you are about to encounter a wave of emotions, thoughts and dreams for which we are all unprepared.” Shaw’s remarks are from his blog post on Virginia’s newest tool to help veterans and their families.

*WeAreVirginiaVeterans.org* was recently launched by the Virginia Wounded Warrior Program to provide access to resources and an interactive forum for military veterans and their family members. Making the transition from military to civilian life presents veterans and their families with complex issues and emotions. For wounded warriors, the transition can quickly become overwhelming for both them and their family members.

The new website creates an online community where veterans from all eras can find support from other veterans and share thoughts and feelings in a safe, supportive, and anonymous environment. Veterans interact in this virtual community through blogs, online forums, Facebook, and Twitter. The site recognizes the importance of family involvement and provides blogs, forums, and resources for them as well.

A wide array of links and articles, not only for veterans but also for their friends, spouses, parents, and clinicians, rounds out the site, making it a one-stop shop for help with the transition home. “This website is a major part of the Virginia Wounded Warrior Program’s effort to reach out and engage veterans as they return to their communities,” observed Catherine Wilson, Executive Director of the

Virginia Wounded Warrior Program. “We are hopeful that this site will appeal to our diverse military community and will help veterans of any era and their supporters find friends and resources that can assist with treatment and support for PTSD, traumatic brain injury, and the other challenges.”

The Virginia Wounded Warrior Program was established in 2008 in response to the growing need to improve and expand services to the nation’s veterans and their family members. The program serves veterans of all eras who are Virginia residents, members of the Virginia National Guard and Armed Forces Reserves not in active federal service, and family members of veterans and service members. With an extensive network of local, state, and federal partnerships, VWWP assists veterans and family members with getting the services they need. The program is part of the Virginia Department of Veterans Services.

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