

## About Combat Stress Injuries

**S**oldiers in war zones suffer from stress related problems. There are a range of injuries, mild to severe. Exposed to the threat of death over a period of time, individuals go into a survival mode, with emotional numbing.



They are always changed and families and friends find it difficult to understand what happened. Other problems can develop which affect sleep and interfere with daily functioning and relationships.



Couple, family and other relationships come under stress from the changes. Marriages can fail and children may develop problems in school. With more understanding, veterans and families can work together to reduce the problems that occur.

## What Our Workshops Offer:

- ▶ Learn about the effects of war experiences on survivors and their families.
- ▶ Learn some ways to cope with the problems that occur.
- ▶ Understand when problems are serious, what to look for and when to seek help.
- ▶ Learn about community resources and treatment for survivors and families.



Julia Nesheiwat,  
*Past Workshop  
Guest Speaker*

## ▶ Join Our Confidential Mailing List

**I**f you would like to be on our mailing list or register for a workshop, go online to the website listed below. There you can download the mail-in workshop registration form or you can also email or call us to join our mailing list. Include your name, mailing address and email. Rest assured that we will guard your privacy and use your contact information only for informing you of upcoming **Welcome Home Warrior** workshops and events.



### Welcome Home Warrior, Inc

PO Box 7217, Woodland Park, CO 80863

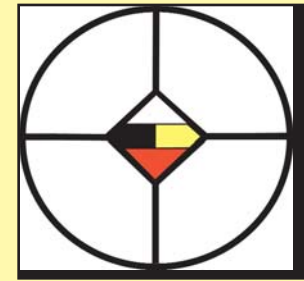
☎ (719) 439-3621.

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🌐 Website: [www.whwarrior.org](http://www.whwarrior.org)



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# Welcome Home Warrior, Inc.

**a nonprofit organization**

**Who We Are  
What We Do**



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## Who We Are

**W**elcome Home Warrior is a nonprofit organization established in March, 2007 in order to provide services to Iraq and Afghanistan veterans, their families and others who are interested in understanding and coping with the effects of war. These services include free workshops for information and support which are a series called: **Coming Home, Going Forward.** *Understanding and Coping with the Effects of War.* The workshops include individual presentations and panel discussions by veterans and experienced professionals who have worked and lived with veterans.

Along with the workshops, short retreats and support groups for veterans and families are being planned for 2009. Counseling is also available for PTSD related problems.

## Founder

The founder of **Welcome Home Warrior** is Mrs. Donna Finicle, LCSW, BCD who has 24 years of experience working with veterans and families at the VA in Denver, Colorado Springs, Pueblo and Alamosa in mental health. She was on a traveling Post Traumatic Stress Care team that did outreach to remote areas of Colorado in order to provide treatment for combat veterans in those areas.



## What We Do

The concern which brought about **Welcome Home Warrior** is about the gap in services for veterans and their families, especially Guard and Reserve and those in rural areas when they return. The complex set of problems of the returning soldiers due to the multiple tours of combat and increasing incidence of brain damage and other problems will affect all of us.

**Welcome Home Warrior** provides another alternative for veterans and their families for help and a place where the community can learn more about the problems and ways to help.

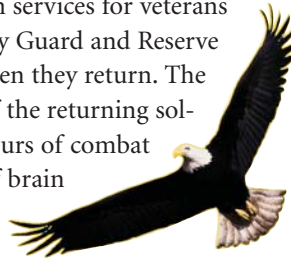
## Retreats

**Welcome Home Warrior** is doing retreats for families and soldiers in collaboration with **Lost and Found** and **Home Front Heroes.**



The purpose of these retreats is to give families and soldiers some down time together in a quiet place, to regroup and come back together after war experiences. We hope to be of assistance to the whole family, understanding that everyone is affected by war experiences. Fun and quiet time in a safe place is an essential part of these retreats.

**R**etreats are usually held at nearby locations such as the Templed Hills Retreat Center in Woodland Park, and the Golden Bell Camp and



Retreat Center in Divide. The retreats are free and are done over a 3 day weekend. There are activities for the entire family and childcare is provided. Contact us if you are interested in attending one of our retreats. These retreats are very popular and usually have a waiting list. Frequency of the retreats is subject to the availability of funding.

## Workshops

**Welcome Home Warrior** conducts workshops for information and support for coping with the effects of war experiences, 2 or 3 times a year. We bring in experts on pertinent topics with the latest, most current information and invite families and interested community members to the workshops. See our website [www.whwarrior.org](http://www.whwarrior.org) for announcements of our future events.



Marc Viola,  
Past Workshop  
Guest Speaker

## NEW Woodland Park Office -Office Hours & Services-

**Welcome Home Warrior** is available for consultation, resource finding and advocacy for veterans and families. We have a new office space at 471 S. Baldwin St., Suite A, Woodland Park, Colorado, 80863. Call for current office hours. Our contact phone number is (719) 439-3621.

