

TESTIMONIAL FOR HEART TO HEART PROGRAM FROM FEMALE VETERAN

Dear Woody,

March 14, 2020

I have been participating in the Heart to Heart program building and painting cars for children with serious illness. I can attest to the fact that just this act alone (building and painting) and being in the presence of other veterans provides a sense of fellowship and connection. I have learned that healing is a 'process'. I have witnessed that sharing, caring, and exchanging of stories and/or information is cultivated through the environment that you create for us.

The healing journey can even take place in silence while we diligently work on expressing ourselves through a creative process. The journey is subtle and nearly imperceptible until you reflect upon where you were when you started and months later where you are now.

What I've recently learned via the act of participating and being amongst individuals with creative talent is that it inspires me to see things differently and to imagine the possibilities, to stretch myself. It opens different pathways in my brain and helps me reconnect to my problem-solving and solution seeking engine that was disrupted by PTSD.

However, what I often see among veterans is that we want to be able to trust again, to connect with others, to make a contribution and to know that someone's got our back and that we are not alone. Interestingly enough, my DWW projects are highlighting areas in which I need to regain control, i.e. disorganization and focus.

Thanks for being patient during my journey of rediscovery of me.

See you soon,

Mary xxxx

Army Veteran