

Invisible Wounds of Women Veterans Brought to Light Through Art Contest and Nonprofit Support

Invisible Warriors Nonprofit Tackles PTSD, Invisible Illnesses Plaguing Female Service Members Through Unique Services and Creative Expression

New Market, AL, October 3, 2024 — For far too many women who have served in the U.S. military, the battles they face don't end when they return home from deployment. The invisible wounds of mental health issues like post-traumatic stress disorder (PTSD) and physical illnesses that remain unseen yet debilitating continue to haunt hundreds of thousands of female veterans.

The challenges these women face are significant and multifaceted. Compared to their male counterparts, female veterans suffer higher rates of PTSD and depression. They encounter difficulties accessing quality healthcare and support services, experience social isolation, and struggle to reintegrate into civilian life.

"The transition is incredibly difficult," says Nancy Becher, founder of Invisible Warriors, a nonprofit dedicated to supporting women veterans. "Many of these women feel completely alone in managing these invisible wounds."

Invisible Warriors is working tirelessly to bridge these gaps by offering a range of services, including programs addressing chronic pain and fatigue, self-advocacy, education about triggers and how to deal with them, peer support networks, trauma processing techniques, stress management, building healthy relationships, self-care practices, Sleep improvement, managing anxiety and depression, rebuilding self-esteem, and navigating the healthcare system

Empowering Women Veterans

"Our goal is to empower these women and let them know they are not alone," Becher explains. "With the right support, they can overcome their invisible wounds and reclaim their lives."

To amplify their mission, Invisible Warriors is hosting a 2024 Art Contest themed "A Day in the Life of an Invisible Warrior." This contest invites participants to submit original artwork or photographs that capture the essence of living with invisible wounds. Winning entries will be featured on a custom wall calendar, as well as on the Invisible Warriors website and social media platforms. The funds raised from this contest will directly support the organization's mission to assist women with invisible illnesses, particularly female veterans.

A Holistic Approach to Healing

Invisible Warriors provides both a private online community and now an in-person one, MST/PTSD retreats, government advocacy, education for the travel industry, bill support, and access to medical experts, all tailored to the unique needs of women veterans. This holistic,

women-centered approach is making a tangible difference in the lives of those who have sacrificed so much for their country.

For these remarkable women, the fight continues, but they now have a dedicated ally in their corner. Invisible Warriors is committed to empowering and supporting women, especially veterans, who are battling PTSD, Military Sexual Trauma (MST), and other invisible illnesses. The organization's mission is to provide comprehensive support services, raise awareness about their unique challenges, foster a supportive community, advocate for improved healthcare and support systems, and empower women to reclaim their lives.

Starting in January, we will be holding a monthly meetup for women veterans in a safe, private area of The Clayton E. Moneymaker American Legion on the 2nd Monday of the month from 11am to 12:30pm. This free meeting will be a place for camaraderie, sharing, laughing and crying – all the emotions (except no whining allowed). If you think you would benefit from these get togethers, we'd love to have you join us.

For more information contact Nancy Becher at 269-319-6041 or Nancy@InvisibleWarriors.org.

Upcoming Initiatives of Invisible Warriors

For Giving Tuesday, if you make a donation of \$50 or more you will be gifted with a 2025 wall calendar that was made by artists and photographers participating in our "A Day in the Life of an Invisible Warrior." <https://givebutter.com/IWGivingTuesday>

2. Our Invisible Warriors Club is now free for women veterans who would like a safe, private space to chat, to learn, to support and to be among those that "Get" what they are dealing with.

<https://givebutter.com/InvisibleWarriorsClub>

3. The Briefing is our weekly newsletter. Giving stories of challenge and triumph for women dealing with PTSD/MST and other invisible illnesses, tips and strategies abound.

<https://dashboard.mailerlite.com/forms/809633/112369695076648373/share>

4. Netflix movie launching of The Six Triple Eight, the story of the war's only Women's Army Corps unit of color in WWII. Come have fun, camaraderie, food, laughter and learn a bit about history. This will be at the Clayton Moneymaker American Legion at 6pm on Dec. 20, 2024.

5. In January, we will be starting an in person support group for women veterans struggling with PTSD/MST and other invisible illnesses. This private group will be a safe space for women to talk and to share. No men allowed. Also at the Clayton Moneymaker American Legion, 11am

6. And finally ... drum roll please.

On June 14, 2025, 5:00 - 7:30 at the Holiday Inn Research Park, join Invisible Warriors and help us give women veterans a voice. The Silent No More Gala will be raising funds for MST retreats, creating safe spaces for healing and connection. With your support, we can stand with women veterans facing PTSD, MST, and other invisible wounds.

We have great keynote speakers lined up as well as the Twickenham Jazz Band to perform for us all through the evening. Plus there will be a silent auction with amazing gifts to bid on and yummy hors d'oeuvres to snack on.

Dignitaries will also be on hand to issue a new proclamation honoring Women Veterans Recognition Day, making Alabama the 21st state to recognize the 1948 Women's Armed Services Integration Act. Women Veterans Recognition Day, observed annually on June 12, honors the contributions of female veterans, often seen as "Invisible Warriors." Alabama's proclamation highlights their unique challenges and achievements, ensuring they receive the respect and support they deserve. This recognition fosters community appreciation for the dedication of women who served in the military.