

## ★ MISSION ★

Warrior Songs is a non-profit organization committed to facilitating healing through creative arts. Our mission is to assist veterans with more fully understanding and integrating all aspects of the military experience by transforming their trauma and struggle into an art form which both inspires and is life affirming, thus motivating their continued healing.



## THE SCIENCE BEHIND WHAT WE DO

The creative arts offer a unique way for humans to tap into and express otherwise unexplainable and difficult emotions. The American Music Therapy Association reports many positive effects related to the use of music after trauma. These benefits include anxiety/stress reduction and positive changes in mood and emotional states.

# HOW YOU CAN HELP

Visit our website to purchase Warrior Songs CDs or to make a tax-deductible donation. Donations are also accepted by mail.



*If You Have To Ask...*  
Warrior Songs Vol. 1



*Women at War*  
Warrior Songs Vol. 2

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## ★ OUR STORY ★

In 2004, accomplished musician and songwriter Jason Moon returned home to Wisconsin after serving with a combat engineering battalion in Iraq. Psychologists at the Veteran's Administration diagnosed him with adjustment disorder, depression, and insomnia and prescribed him a variety of medications. Jason's condition did not improve, and he became increasingly despondent. Following a 2008 suicide attempt, he was diagnosed with post-traumatic stress disorder (PTSD). It was then that he embarked on a personal healing journey as well as a quest to learn as much as he could about PTSD and its effect on the brain. In 2010, Jason was asked to record several songs for *On the Bridge*, a documentary about veterans who returned from war with wounded bodies and souls. It was through this project that Jason's creative spirit and love of songwriting was reignited.



## WHAT WE PROVIDE

### COMMUNITY AND EDUCATIONAL PROGRAMS

We use song, story, and humor to educate civilians about the struggles faced by our veterans. Presentations are suitable for all audiences and are especially valuable for those who live/work with active duty service members or veterans.

### MILITARY VETERANS EDUCATION ENCOURAGEMENT PERFORMANCES

Performances that encourage and inspire veterans in various states of distress and recovery by sharing music, humor, and personal experiences.

### STORY - TO - SONG

A team of established musicians work with veterans to turn their stories into a platform for healing and self-expression.

### CREATIVE ARTS RETREATS

Warrior Songs hosts four-day retreats that enable participants to explore, understand, and share their personal and painful struggles related to military service. The retreats include a variety of art forms such as storytelling, visual arts, music, and writing.

### DISCOUNTED WARRIOR SONGS CDS

CDs are made available to veterans and veteran healing professionals.

### SPECIAL EVENTS

We can design events to meet the unique needs of groups or organizations.

## ★ TESTIMONIALS ★

*"Jason Moon has removed the barrier between veterans and healing. His music has been far more therapeutic for me than current intervention therapy."*

Mary Hoettels, MS, RD, (Ret); USAR (Ret)

*"Trying to Find My Way Home not only hit home but also brought tears to my eyes. Thank you."*

Gene Hendrickson, Jr., Army Operations Desert Shield, OIF/OEF

*"Our veterans who are silently facing the challenges of adjusting to life after war will know they are not along through Trying to Find My Way Home."*

Hillary Siedler, PhD, Clinical Psychologist

*"Being almost twice Jason's age, I didn't think his music would have much of an impact on me. Boy was I wrong!"*

Hugh Scanlen, Vietnam Veteran, '67, '68, '69

