

TINA WAGGENER



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“I AM SO GRATEFUL FOR PEOPLE WHO DONATE TO WOUNDED WARRIOR PROJECT BECAUSE I CAN SEE THE DIFFERENCE WWP MAKES EVERY SINGLE DAY.”

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Tina Waggener's path to service began humbly in a tiny one-stoplight town in San Diego County, California. Raised by a hardworking father and a loving mother who embodied selflessness, Tina learned early the value of community and helping others, even when resources were scarce.

Her adventurous spirit led her to hitchhike across the country to Florida at 18, setting the stage for a life of exploration and service. In 1998, seeking purpose and driven by a desire to see the world, Tina joined the Army. She became an armament and electrical systems specialist for Apache helicopters, a highly technical role that would take her all over the world, from South Korea to Germany.

Tina's military career was marked by excellence and rapid promotions, but it wasn't without challenges. She faced the unique struggle of being one of very few women in her units and endured traumatic experiences that would have lasting effects.

Tina sustained several injuries including an undiagnosed traumatic brain injury (TBI) that hindered her ability to manage her social filter. The transition to civilian life proved difficult, as Tina grappled with the frustration of her military skills not translating to civilian jobs. After several years, Tina finally sought treatment at a post-traumatic stress disorder (PTSD) program for women, where she first learned about Wounded Warrior Project® (WWP).

Through intensive treatment and her connection with WWP, she found a new mission. Tina threw herself into WWP programs, first as a Project Odyssey® participant, then as a peer mentor and group leader.

Today, Tina's life is dedicated to serving fellow veterans, particularly women. She leads support groups, organizes events, and advocates for policy changes. Her personal experiences fuel her passion for connecting isolated veterans with resources and community.

“I see the difference Wounded Warrior Project makes every single day,” says Tina. “Whether it's through legislation, programs, or just bringing us all together, they create a space for warriors to heal and grow.”

Tina believes it's important for warriors to share their stories to help others through their transitions and remind other veterans of their value beyond military service. She is deeply grateful to WWP for providing life-changing programs that she has witnessed help many veterans heal and grow within a supportive community.

