

My name is Dawn Bowers-Winters. I was born and raised in Milwaukee, WI. I graduated from Washington High School and left for the U.S. Army two weeks out of school. I was a radar repair specialist and a chaplain's assistant during the four years that I served our country. Today, I have been a certified peer support specialist serving veterans for five years. Although I retired in 2023, I still work two days a week at the R&R House.

I met Patricia Clason when she came to the R&R House to share with us about Healing Warrior Hearts (HWH) in 2020. Since then, I have staffed a minimum of three Healing Warrior Hearts retreats each year. I was a Healing Warrior Hearts participant for the first time August 2024. I witnessed the difference in participants by the end of the retreat many times, but when I got to experience it for myself it felt amazing! I also found healing in the Taking It Lightly retreat for veterans a couple of years ago.

My journey in life has included volunteering for many different organizations. Currently, I volunteer at the Milwaukee VA Medical Center for the No Veteran Dies Alone program, the Compassionate Contact Corp program, and other miscellaneous projects that they need help with. In 2024, I volunteered to co-facilitate three Mental Health First Aid courses for the Medical College of Wisconsin.

I appreciate the Starfish Foundation and all its endeavors to do to help others. Although I'm partial to veterans, it is my heart's desire to see everyone find their healing!