

From: African PTSD Relief <info@africanptsdrelief.org>

Subject: Victims and Experts Speak: Giving and Gaining PTSD Relief

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African PTSD Relief
A Project of PTSD Relief Now
www.PTSDReliefNow.org

February, 2015

NEWS UPDATE

Dear David,

African PTSD Relief aims to reduce and prevent PTSD across Africa. We offer proven, affordable, and easily sustainable relief.

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Victims and Experts Speak on PTSD: Then and Now

8 AM and 8 PM ET Monday-Friday

SPECIAL SERIES: Getting & Giving PTSD Relief Now! Monday-Friday 8 AM and 8 PM February 16-March 6.

We invite you to listen to a 10 part series with Congolese refugees, US war veterans, South African students, counselors, psychologists, scientists speaking on the debilitating effects of post traumatic stress disorder, PTSD, and how lives improve with Transcendental Meditation (TM).

30-Year Advocate for Equal Rights Speaks

Nikki Florence, a 30-year guidance counselor and advocate for development of all of South Africans, speaks of her years of efforts across the country.

She is also the Dean of Students at Maharishi Institute, which takes in hundreds of poor students each year from violent communities. Over 25% have PTSD and another 25% are at high risk for PTSD.

She gives a moving and insightful interview.

"It's a magnificent thing to watch when you take a full group of students. When you first meet them you realize how stuck they are on many issues. As it goes from month to month you



Lindiwe Bayana

Initially broadcast by A2Zen FM, now a second radio station, Dreamvisions 7 Radio, begins broadcasting the series at 8 AM and 8 PM ET starting Monday, February 16th and running the same time Monday through Friday until March 6th.

To see a summary of African PTSD Relief and each radio interview, please go to: <http://bit.ly/1yKz5Gs>

To listen to programs click:

<http://bit.ly/1Cu0SPZ>

see them develop and become the true greatness that they are."

Listen to hear interview Friday - 2-27 - 8am and 8pm EST.

To listen to program click:

<http://bit.ly/1Cu0SPZ>

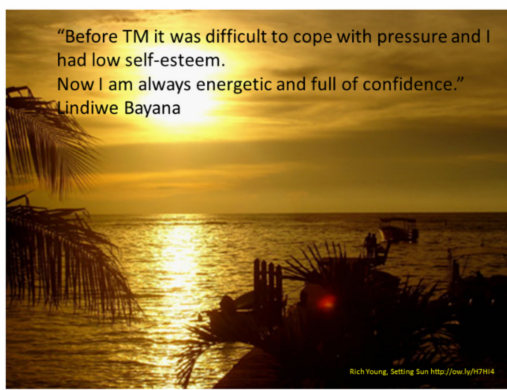


Half of Needed Funds Raised for PTSD-Plagued Schools

Help end their suffering

A generous matching fund of \$2000 has stimulated \$12,000 in donations so far to help teach students in African schools hit hard by war and violence. Just \$16,000 is still needed to complete phase II.

The projects involve teaching TM at two very different locations in Africa. One is an inner city secondary school in South Africa and the other is two rural primary schools serving members of the Maasai tribe in Kenya. Students at both schools suffer from high levels of PTSD. The PTSD comes from exposure to tribal wars in Kenya and from general urban violence and sexual abuse in South Africa.



"Before TM it was difficult to cope with pressure and I had low self-esteem. Now, I am always energetic and full of confidence. " Lindiwe Bayana



Phase One, Completed in each school, involved teaching TM to select members of the school faculty, administration and board of trustees.

Phase Two, Now starting in each school to teach TM to an initial group of 100-300 students per school.

Phase Three in each school is teaching TM to the balance of all students at the schools.

How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD:

1. **Donate - Go**



to www.ptsdreliefnow.org and click the red "Give Now" button at the top of the page.

2. **Youth apply** for top management positions. Age 20-45? Send your resume for board, management and other top positions. info@AfricanPTSDRelief.org.
3. **Volunteer** - Email info@AfricanPTSDRelief.org to discuss how you can volunteer your skills. Help is needed with fundraising, creative writing, bookkeeping, business planning, setting up projects in Africa, teaching TM in Africa, etc.
4. **Tell us your story-** If you or your friends suffered from PTSD and found TM helpful, email your experiences to info@AfricanPTSDRelief.org. With your permission we may post your experience on Facebook or publish

With \$14,000 donated so far, \$16,000 of the \$30,000 is still needed immediately for Phase Two. Any funds raised above the \$30,000 mark will go toward Phase Three of the projects.

Given the high level of PTSD in these populations, and that leaders of these groups came to the local TM organizations asking for help, the local TM teachers are starting Phase Two right away with the funds we can immediately provide. However, the projects await additional donations to complete helping these groups of children in the schools. Please consider making a generous donation now to help these students, burdened by such debilitating stress.

it in our newsletter and/or website.

5. [Send this newsletter to friends](#) so they can learn about our work and support it.

Please visit our website: www.ptsdreliefnow.org and click on the "Give Now" button to contribute to this life transforming project.

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About Us

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Relief for Africans suffering Post Traumatic Stress Disorder.

www.ptsdreliefnow.org



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