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African PTSD Relief
A Project of PTSD Relief Now

September, 2014

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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Matching Fund

Matching Fund to Support PTSD Projects in Africa

A kind donor has agreed to match the first \$3,500 donated to *PTSD Relief Now* for two projects in African schools.

The projects involve teaching TM at two very different schools in Africa. One is an inner city secondary school in South Africa and the other is a rural primary school serving members of the Masai tribe in Kenya. Students at both schools suffer from high levels of PTSD. Because of the match, your donation will go twice as far toward Phase One of these projects to help students suffering from PTSD.

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

New Website

African PTSD Relief has a new website

Please visit our new website at www.ptsdreliefnow.org.



The site discusses the PTSD crisis across Africa, the solution we offer, and the scientific evidence of its effectiveness. On this site you get to know our team, read the most recent updates and have access to newsletters, articles and videos on

Phase Two in each school is teaching TM to an initial group of 100 students.

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

\$10,000 is needed immediately for Phase One. Donations up to \$3,500 will be matched and any funds raised above the \$10,000 mark will go toward Phase Two of the projects.

Given the high level of PTSD in these populations, the local TM teachers would like to start Phase One now, to give the teachers and administrators three to four months to become comfortable with this technique.

Update: \$1,000 toward Phase One has already been received and matched! Please consider donating to these projects. Supporting TM instruction is a valuable contribution toward a more healthy life for the young people in these communities.

PTSD Relief for Africa.

You can also read the testimonials and stories from those who have found relief from the debilitating conditions caused by the traumas they have endured. Hear directly from people like Igilima, a Congolese refugee. Igilima suffered from the recurring images of the horrible events he went through, but things started to change for the better after he learned Transcendental Meditation.



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

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. **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.
3. **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 it in our



newsletter and/or website.

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

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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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