

We hope you enjoy this month's news stories - don't forget to follow the links!
And please get in touch if you have any questions or want further information.

Your Monthly Updates from Africa and the World



African PTSD Relief News, October 2016

- U.S. Surgeon General meets African PTSD Relief team
- Solomon Mwangi gives progress updates in Kenya and Tanzania.
- African PTSD Relief meets Leaders of US Government at 5 charity fairs across National Capital Area
- John Giochogo, Kenyan struggling with PTSD, finally escapes suffering.

Surgeon General Meets African PTSD Relief



African PTSD Relief team meets U.S. Surgeon General Vivek Murthy and explains to him about our rapid, easy and cost-effective, evidence-based approach.

[Read the story >](#)

PTSD Relief Expands in Schools, Villages and Homeless Housing in Kenya

Solomon Mwangi, special advisory board member and administrator of African PTSD Relief programs in Kenya and Tanzania, oversees teaching groups in Tasmara, site of past tribal battles, and Kibera, the largest urban slum in Africa.

[Click here for progress updates across Kenya and Tanzania >](#)



Federal Government Employees Across National Capital Learn About Next-Generation PTSD Reduction Strategy



African PTSD Relief meets federal employees around the National Capital area in many departments, including Health and Human Services, Bureau of Prisons, and more.

[Read the blogs >](#)



Miner and Cattleman Wins Battle over Traumatic Stress

James Gichogo tells his story of tragedy, search for solutions, and then a return to happiness and success in life.



[Click here to read the story of one miner and cattleman's battle with PTSD >](#)

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Please help us continue delivering PTSD relief to Africa.**

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"Within just a few weeks of learning Transcendental Meditation, I was a completely different person.... I felt like someone who had regained the ability to think and move the body after a long period of suffering paralysis"

---James Gichogo

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