

# Silouan Green

## Join us! Workshops and Keynote on “Life Strong”

Uses our trials and traumas as fuel for life.

We can move forward after the worst of circumstances.

Former Marine Silouan Green has worked with veterans and our active duty troops for over fifteen years on issues of resiliency, peer support, suicide prevention and mental fitness. A survivor of a tragic jet crash as a US Marine and someone who overcame severe PTSD, he understands personally what it takes to overcome the trials and traumas of life. As a mentor and teacher to veterans across the country, he is committed to helping all our heroes “come home”.

The pressures and struggle to “come home” can be as challenging as the most harrowing deployment. We all can make a difference with proper training and the right tools. This keynote and workshops will educate and provide practical tools for resiliency, peer support, and suicide prevention. A resilient, pro-active veteran community focused on mental fitness increases mental health, resiliency, and brings hope to the darkest places.

Throughout these workshops and keynote Silouan will focus on:

- \* The connection between suicide, PTSD, and the traumas of service
- \* Address the impact of service on family and personal issues and how to find a balance that enables healing
- \* Learn tools for making a healthy transitions from conditions of trauma
- \* Create a culture of resiliency and pro-active community awareness among family, friends, and caregivers
- \* Learn and use simple peer support tools that can be used in all settings
- \* Promote a culture of mental fitness that makes veterans more pro-active in their mental health care
- \* Better respond and understand moral injury

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