

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.

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.

Thursday May 30th Building 455 – Veterans Hall

09:00 – 11:30 Ladder UPP workshop

11:30 – 12:00 Lunch

12:00 – 13:15 Keynote - Life Strong

13:30 – 16:00 Veteran Focused Workshop



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 transition 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

Please contact Sierra Phillips or Megan Franklin for more details