

## Post-traumatic stress disorder to be discussed at Lifetree Café

The impact of post-traumatic stress disorder (PTSD) will be explored at Lifetree Café this coming Wednesday (March 12). The program, entitled *Wounded Warriors: When War Comes Home*, will explore post-traumatic stress disorder in the lives of military veterans and provide helpful resources and strategies for coping with PTSD.

?This program will focus on men and women returning from military service, but post-traumatic stress disorder also affects civilians,? Lifetree representative Craig Cable said. ?This program will be helpful for anyone who has experienced trauma.?

The program will feature the filmed story of a veteran who saw his buddy killed in combat. His return to civilian life was disrupted by lingering mental distress, violent tendencies, and relationship problems. He eventually found hope and stability.

The program will run from 7 to 8 p.m. Admission will be free. Snacks and beverages will be available.

Lifetree Café is at St. James' Anglican Church, 6025 Old Church Rd., in Caledon East.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting.

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