

British Forces Broadcasting Service Highlights Value of Peace Education for PTSD Sufferers

<https://audioboom.com/boos/5042851-free-workshop-to-support-ptsd-sufferers>

Listen to a recording of the radio segment above

[British Forces Broadcasting Service](#) (BFBS), the official radio outlet of the U.K. Armed Forces, recently aired a segment about how the [Peace Education Program](#) (PEP) is "a series of free workshops to equip veterans with the tools needed to forge ahead with a content, tranquil, and fulfilling life." The program is being offered to U.K. veterans in partnership with [Save our Soldier](#), a charity that provides support to veterans suffering from Post Traumatic Stress Disorder (PTSD).

In the radio segment, Lee Haywood, chief executive of Save our Soldier, says that the program helps veterans "really be able to get a grip and get grounded in who they are, where they are, and how to move forward."