

ITS NOT WEAK POST TRAUMATIC STRESS TO SPEAK

— NOT ALL WOUNDS ARE VISIBLE —



Just Breathe

A Motivational, Educational Presentation on Behavioral & Emotional Well Being

Our interactive presentation offers natural self-care tools, education and knowledge. We offer alternative solutions that will better equip you and your family for handling the inevitable stresses encountered at home, at school and on the job.

With education comes a better understanding, so we can recognize, prevent, manage and de-stigmatize Post Traumatic Stress (PTSD), Mental Health and Substance Abuse challenges at home, at school and in the workplace.



Learn our easy 5 by 5 Breathing Technique to help
calm your nervous system daily

Strengthen Emotional & Physical Well-Being

Our unique presentation offers an effective trauma, stress management and recovery strategy. These techniques, when implemented into daily routine will moderate the effects of life-challenging events and provide a sense of empowerment.



The Ambassador of Georgia- H.E. Konstantin Kovtaradze among those present at Kosikar's presentation at the occasion of the Georgian National Day Gala.



Engaging
Educational
Inspirational

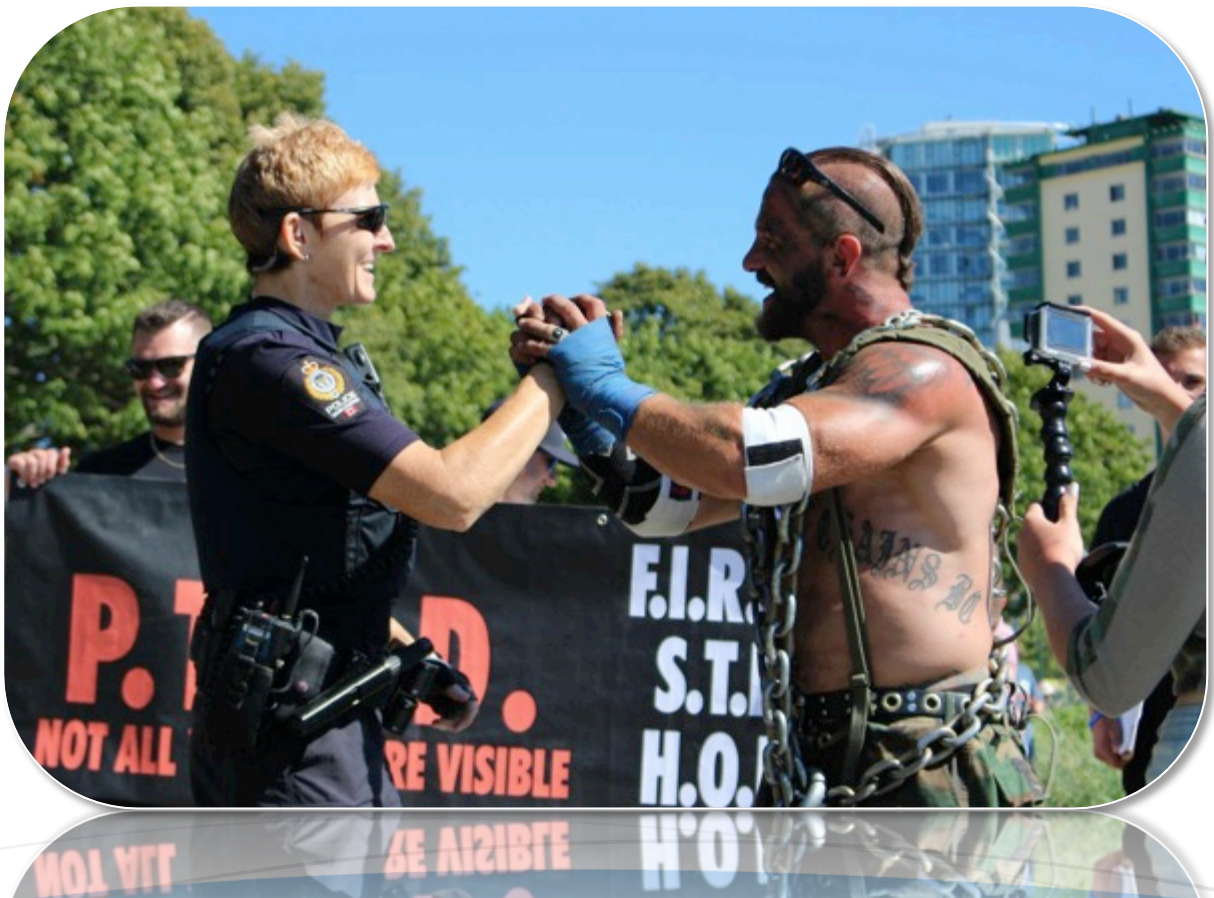
By the end of our presentation you'll be able to:

Understand and apply the benefits of conscious breathing.

Recognize how stress in the workplace and other situations impacts your family's mental and emotional well being.

Utilize strategies to help overcome the stigma associated with PTSD.

Incorporate natural grounding techniques to your daily routine for self-reconnection, stress management that will positively support emotional intelligence and an overall healthier life style; benefiting yourselves, your family and your community.



Terrance J. Kosikar Ph.D.

Founder / President Camp My Way

Terrance Kosikar, was a First Responder to a fatal accident during an event on opening day of the Vancouver 2010 Winter Olympics.

Although well trained in a myriad of life saving techniques, he was not prepared to deal with the emotional impact sustained when those techniques were not enough. As a result of the fatality, Kosikar developed PTSD that launched him into a very costly downward spiral.

During several years of severe depression, attempted suicide and substance abuse, Kosikar lost his family, career and nearly his life. Pushed to his breaking point, Kosikar found salvation within.

Escaping to the backcountry, he found peace and purpose in Mother Nature's beauty and simplicity. By raising awareness and bringing more education and knowledge from over 40 years "lived experience" about this debilitating injury, he is able to help you and your family manage the challenges that are associated with PTSD, Mental Health and Substance Abuse.



Mental Health/ Social Justice Advocate

In 2016 Kosikar flipped a 400lb tractor tire 37 kms in 30 days, across 7 mountains to bring awareness to PTSD and instill change.

