

July 12th news

Highlights from Footsteps to Freedom, Sri Lanka, 2018

Dear Compassionate People,

Here are some highlights from my walk.

Thank you Mary for all your support.

Love,

Ranil





About CCC Line 1333: Our intentions were to connect deeply with people along the way, and to empower individuals and communities to break free from stigma and shame surrounding mental health problems.

We strongly believe that freedom comes from empowerment, so their passion is to build strong communities, and they hope for a resilient Sri Lanka. **ABOUT Ranil Thilakaratne :** Ranil Thilakaratne, Manager, Nivendra

Uduman, a Counseling Psychologist and Sara Nazoor, a trainee

Psychologist.