

# Resilience & Renewal for Disaster Responders

**A Time to Rest, Refocus, Recharge**

**9:00-4:00, registration 8:30-9:00**

**Wednesday August 24 in Charleston, WV  
at First Presbyterian Church**

**Friday August 26 2016 in Lewisburg, WV  
at Old Stone Presbyterian Church**

**Saturday August 27 in Fayetteville, WV  
at Fayettevillle Presbyterian Church**

**For all who have responded to the storms and floods of 2016.**

**Benefits Include:**

- Enjoy time and space for rest and reflection
- Share experiences that impacted you
- Recognize and learn to alleviate common signs of stress
- Strengthen positive connections in your life
- Learn tools and develop a plan for resilience

**Register at:**

[https://www.surveymonkey.com/r/WV\\_RR](https://www.surveymonkey.com/r/WV_RR)

For questions, contact Barbara Chalfant at (434) 944-0137.



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