

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 Fayetteville 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

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



**PRESBYTERIAN
DISASTER
ASSISTANCE**

OUT OF CHAOS, HOPE

**Sponsored by Presbyterian
Disaster Assistance and the
Presbytery of West Virginia**