

**Please Register & Save the Date**

## **Resilience & Renewal**

**(Formerly called Care for Caregivers)**

**A Time to Rest, Refocus,  
& Re-charge**

**November 8, 9, or 10, 2016**

**Louisiana Recovery Office,  
1500 Main St, Baton Rouge**

**For FEMA, CNCS/AmeriCorp,  
GOHSEP, and VOAD partners**

**Benefits include:**

- *Enjoy time and space for rest and reflection*
- *Share experiences of the storm's impact on you*
- *Recognize and learn to alleviate common signs of stress so you can recharge quickly*
- *Strengthen positive connections in your life*
- *Learn tools and develop a plan for good self-care in order to have longevity in your work*

Register at

<https://www.surveymonkey.com/r/RRLA>

For registration questions, please email

[pdacallcenter@pcusa.org](mailto:pdacallcenter@pcusa.org)

Lunch available for \$10.00

Sponsored by FEMA and Presbyterian Disaster Assistance



**PRESBYTERIAN  
DISASTER  
ASSISTANCE**

**OUT OF CHAOS, HOPE**