

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

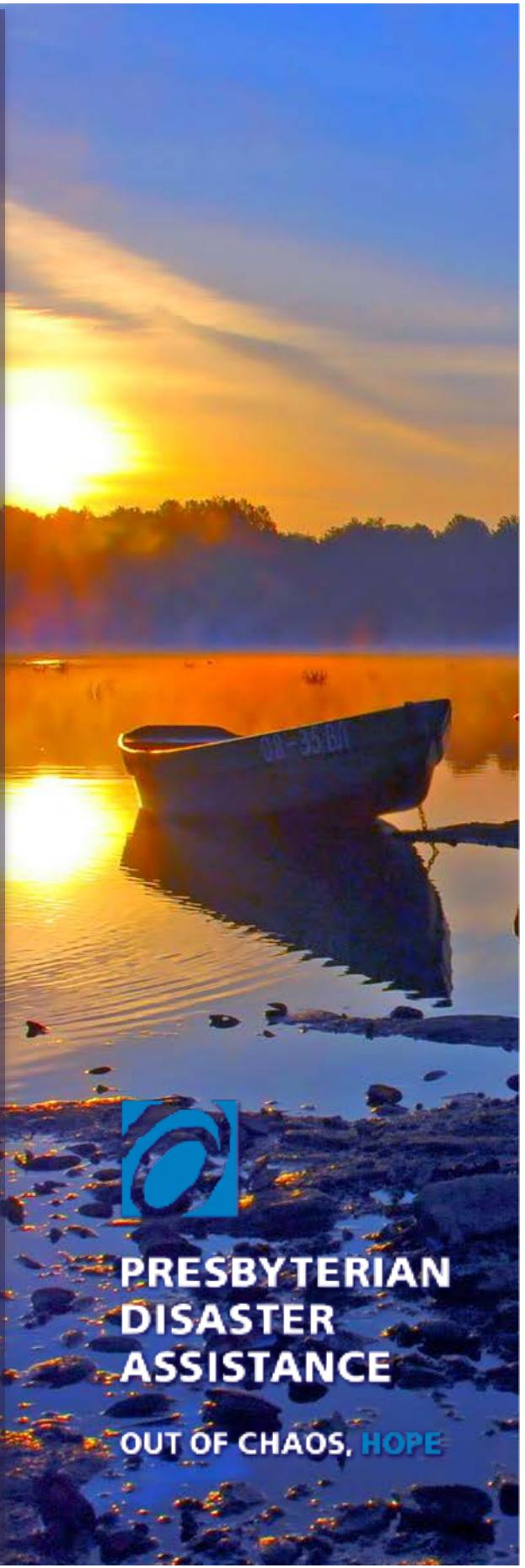
For FEMA, CNCS/AmeriCorp,
GOHSEP, and VOAD partners

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
Lunch available for \$10.00

Sponsored by FEMA and Presbyterian Disaster Assistance



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DISASTER
ASSISTANCE**
OUT OF CHAOS, HOPE