



**PRESBYTERIAN
DISASTER ASSISTANCE**
OUT OF CHAOS, **HOPE**

You are invited to a
FREE WORKSHOP

FEMA, TDEM, Voluntary Agencies, and
invited guests are encouraged to attend

***Tools for Building Resilience:
Managing Stress in the Workplace &
Beyond***

Presented by
Presbyterian Disaster Assistance

Sponsored by FEMA & Presbyterian Disaster
Assistance

Register at:

<https://www.eventbrite.com/o/presbyterian-disaster-assistance-amp-fema-15197383187>

Participants will learn...

- What can happen when we are under stress
- How to prevent burnout and compassion fatigue
- Tools for maintaining calm effectiveness in the face of stressful situations

Thursday, Oct. 5, 2017, or
Friday, Oct. 6, 2017

Time: 8:00am - 12:00pm or
1:00pm - 5:00pm

Address: 330 Opportunity Drive
Corpus Christi, TX 78405

Tuesday, Oct. 10, 2017, or
Wednesday, Oct. 11, 2017

Time: 8:00am - 12:00pm or
1:00pm - 5:00pm

Address: 3642 East Houston St.
San Antonio, TX 78219

Tuesday, Oct. 10, 2017,
Wednesday, Oct. 11, 2017, or
Thursday, Oct. 12, 2017

Time: 8:00am - 12:00pm or
1:00pm - 5:00pm

Address: 8223 Willow Place Dr. South
Houston, TX 77070

Wednesday, Oct. 11, 2017, or
Thursday, Oct. 12, 2017

Time: 8:00am - 12:00pm or
1:00pm - 5:00pm

Address: To Be Announced
Beaumont, TX

Wednesday, Oct. 18, 2017, or
Thursday, Oct. 19, 2017

Time: 8:00am - 12:00pm or
1:00pm - 5:00pm

Address: 1611 Headway Cir. Bldg. #3
Austin, TX 78754

Location: Mesquite Training Room