



Presbyterian Mission
**Presbyterian
Disaster Assistance**



***Resilience and Renewal for Faith Leaders
A Half-Day Respite***

Wednesday, July 16, 10 am—2 pm including lunch

Westminster Presbyterian Church 1757 N. Lake Avenue, Pasadena

People of all faiths are facing the ravages of the Eaton and Palisades fires. Many of us are working hard to serve our communities of faith as well as ourselves and our families.

Presbyterian Disaster Assistance has great experience in offering spiritual and emotional support for people dealing with disasters. They have worked with FEMA, Red Cross, and many faith communities across the country, and a team is coming in mid-July to offer this *Resilience & Renewal* workshop. The workshop is designed to allow participants to build on their experience while practicing new tools that have been shown to be effective in sustaining our capacity to serve others. Participants will explore the essentials of healing and resilience-building tools, including story telling, relaxation and self-care techniques, spiritual practices, and strengthening positive connections with others. The workshop provides an opportunity to experience respite throughout our time together and to develop a plan for continued well-being in the midst of challenging work.

**This workshop is open to ordained and lay leaders of all faiths.
There is no charge for the event.**

**Registration begins at 9:30 am;
parking is behind the church (access from Atchison Street or Flske Avenue).**

Register using this link:

<https://pda.wufoo.com/forms/suzpqj100mh9sv/>

pda.pcusa.org

O: (502) 569-5839 | TF: (800) 728-7228 x5839
100 Witherspoon Street | Louisville, KY 40202



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Register Here

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