

## **Self-Care Workshop**

### **Part 2 of Expanding Your Ministry Toolbox**

**March 17-18**

In addition to the stress of providing comfort and spiritual guidance in response to the recent natural disaster, church professionals are intimately involved with the normal emotional roller coaster of people in their community. How can we be intentional about addressing our own health needs so that we both model and guide people in loving self and neighbor? **Stephen McCutchan** is a Presbyterian Teaching Elder. He blogs at [www.smccutchan.com](http://www.smccutchan.com) and publishes a newsletter on care of clergy, [www.pastoralcarenetwork.org](http://www.pastoralcarenetwork.org). He is author of eleven books and 2 CDs.

Class time is 7–9 p.m. Friday and 9 a.m.–4 p.m. Saturday; participants are expected to be present for the entire time. This will be held at Kanawha United Presbyterian Church in Charleston. The cost is \$75, payable to the presbytery office.

Registration deadline is Monday, February 13, in order to provide time for participants to complete a reading assignment prior to the course. To register, please complete [this form](#).