



**PRESBYTERIAN  
DISASTER  
ASSISTANCE**

**Presbyterian  
Life & Witness**   
*Serving God's Mission in the World*

### **Building Our Resilience**

Presbyterian Disaster Assistance (PDA) is pleased to partner with Mission Presbytery in offering a 90- minute interactive program focused on building resilience in the midst of daily life stress. In our time together, members of the PDA team will focus on increasing our understanding of signs of stress and sharing in-the-moment strategies to handle stress. Participants will have the opportunity to share what works for them in staying centered and bouncing back in challenging times. We'll offer strategies that focus on healing and resilience-building tools, including story telling, relaxation and self-care techniques, spiritual practices, and strengthening positive connections with others. Each participant will create a personalized self-care plan during our time together.

### **Register for ONE:**

#### **Wednesday June 10 10- 11:30 AM Central Time**

Register in advance for this meeting:

<https://pcusa-org.zoom.us/meeting/register/NW7w1n6xQcq4h8MwNjHnTQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

**OR**

#### **Tuesday June 16 6:30- 8:00 PM Central Time**

Register in advance for this meeting:

<https://pcusa-org.zoom.us/meeting/register/VRDIWnYT3-96Bg7c2r-ZQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

Please contact Kathy Riley, PDA Associate for Emotional and Spiritual Care at [Kathryn.Riley@pcusa.org](mailto:Kathryn.Riley@pcusa.org) if you have questions.