

Resilience & Renewal for Disaster Responders

A Time to Rest, Refocus, Recharge

Presented by Presbyterian Disaster Assistance

Saturday, January 26, 2019

**9:30 am-3:30 pm; Registration 9:00 am -9:30 am
Westminster Presbyterian Church
32111 Watergate Rd, Westlake Village, CA 91361**

**This program is offered to those who have responded to recent
natural and human-caused disasters**

Benefits Include:

- **Enjoy time and space for rest and reflection**
- **Share experiences that have affected you**
- **Recognize and learn to alleviate common signs of stress**
- **Learn and practice tools for building resilience and develop a personalized plan for self-care**

Register by January 10 at:

https://www.surveymonkey.com/r/Westlakevillage_PDA



**PRESBYTERIAN
DISASTER ASSISTANCE**

OUT OF CHAOS. HOPE

**Sponsored by Presbyterian Disaster Assistance
In collaboration with the Synod of Southern California and
Hawaii and the Presbytery of Santa Barbara, the Presbytery of
the Pacific and San Fernando Presbytery**

**Please contact Kathy Riley kathy.riley523@gmail.com
if you have questions about the program**