

Responding to disasters is both rewarding and challenging work, yet at any point stress can build. Sources of stress may include witnessing human suffering, risk or personal harm, life-and-death decisions, and separation from family. Emotional and Spiritual Care is critical to avoid the negative impacts of stress.

During this free 1-hour webinar you will gain tools to manage stress and learn self-care skills.

# EMOTIONAL AND SPIRITUAL CARE WEBINAR

Presbyterian Disaster Assistance  
Building Resilience for Faith Based Leaders  
November 23, 2020  
1:00 p.m. Pacific Time

To Register:

[https://zoom.us/join/zoom/register/tJUkcmvqDoiGty4knf7rHsRJBA\\_wW9-IB\\_9](https://zoom.us/join/zoom/register/tJUkcmvqDoiGty4knf7rHsRJBA_wW9-IB_9)

After registering, you will receive confirmation email with meeting information



Presbyterian Mission  
**Presbyterian  
Disaster Assistance**