

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 First Responders
November 23, 2020
1:00 p.m. Pacific Time

To Register:

<https://zoom.us/meeting/register/tJAKduygpzMiHdKMgM7xWJ2xZFaY0GF4Mv7m>

After registering, you will receive confirmation email with meeting information



Presbyterian Mission
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Disaster Assistance**