



Resilience, Renewal and Hope

If you have been through a natural disaster or want to help others who have been affected by one and believe you could benefit from a resilience-focused retreat...

THIS HALF-DAY WORKSHOP IS FOR YOU!

Together we will:

- Explore some of the ways that stress can affect us
- Focus on healing and resilience-building tools to reduce the effects of stress, such as:
 - storytelling,
 - relaxation and self-care techniques,
 - spiritual practices, and
 - strengthening positive connections with others.

THIS IS AN OPPORTUNITY TO EXPERIENCE RESPITE THROUGHOUT THE DAY, LEARN NEW TOOLS, AND TAKE HOME A PERSONALIZED SELF-CARE PLAN... AND IT'S FREE!

YOU HAVE TWO OPPORTUNITIES TO CHOOSE FROM!

REGISTER BY OCTOBER 13, 2025

Beaufort, SC	North Charleston, SC
Tuesday October 21, 2025 from 1:00 pm - 4:30 pm Education Building, Fellowship Hall, lower level, 1201 North St., First Presbyterian Church, Beaufort, SC 29902 Register: https://pda.wufoo.com/forms/swgoa-bz09el5nd/	Wednesday October 22, 2025 from 9:00 am-12:30 PM Charleston-Atlantic Presbytery Office 4701 Park Place West North Charleston, SC 29405 Register: https://pda.wufoo.com/forms/s1oef-oqf1y2j8ji/

Contact: Pat Ashley ashleypatra1@gmail.com, Presbyterian Disaster Assistance
National Response Team Member

Presented by Presbyterian Disaster Assistance and Charleston Atlantic Presbytery