

June 5 | July 10 | August 28

Self-Care for Healthy Ministry

- + Explore strategies for spiritual and emotional self-care to support healthy, sustainable ministry.
- + Learn skills for building personal resilience and preventing ministry burnout.
- + Identify healthy ways to manage your response to stressful situations.

Tuesday, June 5, 1:00-2:00 pm Eastern

Spiritual Self-Care: A Foundation for Healthy Ministry
Rev. David Songy, O.F.M. Cap., Psy.D.

Tuesday, July 10, 1:00-2:00 pm Eastern

Building Resilience to Beat Burnout
Taryn Millar, Psy.D.

Tuesday, August 28, 1:00-2:00 pm Eastern

Grace Under Pressure: Increasing Your Stress Tolerance
Emily Cash, Psy.D.

FREE Webinar Series

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Resources for Healthy Life & Ministry