



Join Us for an Advent Workshop

Prepare Ye the Way for the Lord...during the Pandemic!

Every Day Resilience practices that help with stress

Where: Virtual workshop via Zoom (link will be sent to those who register)

When: Monday, December 7, 2020 from 7-9pm

Who: All members of First Presbyterian Churches, Haddon Heights, Haddonfield, Merchantville, and Pitman; Elmer Presbyterian, Logan Memorial, Christ Presbyterian, and St. Paul's Presbyterian are welcome!

What can I expect?

This workshop will be facilitated by Rebecca (Becky) Bryan, DNP, who is an Elder at First Presbyterian Church, Haddonfield, and a long-time faculty member for PCUSA Credo Wellness Conferences. Becky is a nurse practitioner and educator who specializes in trauma-informed care. She runs workshops in the region that help participants to name and understand stress responses and teaches resilience practices that help to manage stress. This workshop stems from a series Becky offered to pastors through West Jersey Presbytery.

During our 2 hours together, we will name the unprecedented challenges we currently face through the lens of Advent: the season of preparation. We will look at the ways our bodies and minds respond to the ongoing stress of this pandemic, have small group discussions, and learn "settling" practices that boost resilience and help to keep us calm.

How can I sign up? By sending name, phone, and email to Rebecca Mannion, rmannion@haddonfieldpres.org

