

HEARTSTREAM

REFRESH! 2010

Renew Your Heart

Rest for Your Body, Counsel for Your Soul

Refresh! is a 10-day retreat designed for the renewal of singles, couples and families who serve in cross-cultural settings. Under the guidance of professionals with years of experience in pastoral and member care counseling, you'll have the opportunity to focus on issues affecting you and your family. Full programs are provided for preschoolers, elementary and teens that consider the unique needs of TCKs. Over the last ten years, Refresh! has supported and encouraged cross-cultural workers who serve in Europe, Asia, Africa and the Middle East.

One worker wrote:

"I was tired and burned out. Refresh helped me step away from my work to gain perspective. God brought me to a safe place with loving people. Through counseling, relevant teaching, time to rest, worship, and the beautiful setting, my body and soul were restored. This retreat gave me tools to deal with the challenges I face. The experience greatly impacted my life. I have strength and hope to press on."

Refresh! is held in the French Alps in a breathtaking area. It is a peaceful, quiet setting near Grenoble. Program includes counseling, medical consultations, massage, childcare, meals and lodging. Refresh! is also offered in Chiang Mai, Thailand.

We hope you will join us for this incredible gathering!

Dr. Lois Dodds, Director

June 13-23, 2010: French Alps

July 4 - 14, 2010: Chiang Mai, Thailand

For fees and details, visit www.heartstreamresources.org. Spaces are limited. Download brochure and registration from website above.

E-mail: heartstreamresources@hotmail.com

