



Refresh!

2012

RENEW YOUR HEART



Visit our website for information about additional member care programs.

Heartstream Resources

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France
Thailand

A Holiday With a Purpose

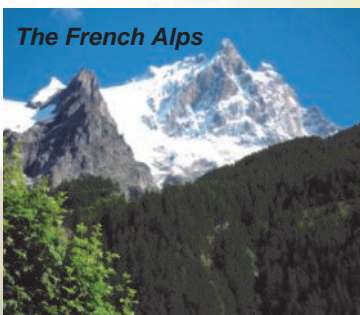


If you minister across cultures, unique stresses and complexities permeate your life. The changes of language, value systems, climate, geography, social systems, role definitions and

other life elements make a radical impact on you, your family and team members. No wonder so many cross-cultural workers become discouraged and experience burnout!

Refresh! is a retreat designed for the renewal, enrichment, and refreshment of singles, couples, and families serving in cross-cultural settings. Several professional services are offered to you and your family, including medical consultation, counseling and massage therapy. Educational and recreational activities for all ages are aimed at spiritual and emotional restoration.

Refresh! was created by Drs. Larry and Lois Dodds, founders of Heartstream Resources. Since 1992, Heartstream has served the needs of cross-cultural workers worldwide by offering programs of restoration, renewal, education and prevention.



The French Alps



Rest For Your Body, Counsel For Your Soul

Under the guidance of professionals with years of experience in pastoral and cross-cultural counseling and leadership, you'll have the opportunity to focus on issues affecting you and your family. A variety of classes, learning experiences, and activities are available for you to choose from. These include spiritual formation, personality type, marriage, parenting, stress management, conflict resolution, establishing healthy boundaries, and dealing with transitions. Individual, couples and family counseling is available.

Children and teens take part in programs designed for the unique needs of TCKs (third culture kids). A dynamic team leads them in stories, drama, crafts, music, dance, and games. Children are cared for, giving spouses time together. Teens take part in worship, devotions, and discussions about TCK issues, as well as hiking, playing games and hanging out together.



You'll experience inspiring worship, engaging discussions, and meeting new friends. Optional activities include hiking, art classes, cycling, rock climbing, swimming, day trip to local attractions, exploring local towns, sampling artisan foods and more. Our desire is that you will enjoy the beauty of God's creation and be renewed by His Spirit.

—"More healing took place during these 10 days than any previous event in our mission life."

—"After 27 years in missions, I was ready to quit. Refresh! gave me a better perspective on myself and my situation, and it offered strategies and tools to help me make some changes. I came discouraged and am leaving refreshed and encouraged!"



Don't Miss Refresh! 2012 France—Thailand



The **Refresh!** programs in both locations will be directed by Dr. Lois Dodds.

Refresh! France: Camp des Cimes is about an hour from Grenoble. Flights can be scheduled to Grenoble, Lyon, or Geneva and transportation connections made to the camp. (www.campdescimes.net)

Refresh! Thailand: The Horizon Village Resort is a half hour from Chiang Mai. It includes 150 acres of botanical gardens, three pools, and many other attractions. (www.horizonvillage.net)

Refresh! 2012

France: June 10—20

Thailand: July 1—11

The **Refresh!** programs begin with dinner at 6:00 p.m. Sunday (plan arrival accordingly) and end on Wednesday morning after breakfast. The cost includes 10 nights, 3 meals/day, and fees. Costs for local transportation and attractions vary by site.

Rates (for all 3 programs, listed in U.S. dollars):

Adult and teens 13 and up:	\$620 double occupancy
	\$820 single occupancy
Children ages 4 to 12:	\$320
Infants/children under 4:	Free



Horizon Village Resort