

Self-Care 1

Self-Care 1 is designed to help pastors and ministers develop strategies to improve their whole-person health, while effectively doing the work of the ministry.

Pastors and the Ministers who support them must focus on their self-care to remain healthy and effective.

- Just like pastors, ministers are not just preachers and bible teachers, they are caregivers.
- Pastors and ministers are often looked to for answers that they may not always have.
- Ministers who support pastors and congregants may not be professionally equipped to provide counsel in some areas.
- Ministers can become overwhelmed by the expectations of the people and their own life experiences.

For more information: Vanessa Burks 504-593-2348/vburks@bcm.org

**REGISTRATION
REQUIRED**

Friday, March 28, 2025 • 9:00 – 12:00
New Orleans Baptist Association building
2222 Lakeshore Drive – New Orleans, LA

Light breakfast • Lunch

**NO COST
TO YOU**

Brought to you by the Behavioral Health Initiative for Pastors program at BCM-CW, especially for pastors of all faith traditions.