

# RESOURCES FOR RESILIENCE

Please see a list of (linked) resources. For further information please contact your Development Coach or [office@transformcma.ca](mailto:office@transformcma.ca)



## PHYSICAL

- [The Health Project](#)



## SPIRITUAL

- [Fairhaven](#)  
(Leadership Retreat Centre)

- [Spiritual Directors & Life Coaches](#)



## EMOTIONAL

- WCD Increased Counselling Benefit (\$1500/person/year)



## MENTAL

- [WCD Continuing Education Subsidy](#)



## RELATIONAL

- [WCD Marriage Enrichment Subsidy](#)

- Peer to Peer Networks (Chaplaincy, Youth, Children's, Worship, Ministry Spouses, Missions, Rural Pastors)

- [Kerith Retreats](#)  
(A retreat for couples)



## OVERALL

- [WCD Wellness Plan](#)

- Developing peer circles for the purpose of prayer, coaching and learning