

# Essential and Frontline Worker Fund

Do you know an essential or frontline worker who is stressed out and traumatized by their job during the pandemic? Pathways Retreat has 15 gift certificates to give away to individuals who are first time visitors to Pathways Retreat, and whose job during the pandemic has put them on the frontline.



These certificates are valued at \$120 and may be used for services or retreat space. Here are ways someone might use the certificate:

Spiritual Companionship	Explore how living and working on the frontline of the pandemic has challenged your faith, and what God may be inviting you to.	\$60
Trauma Release Exercises	Learn an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma.	\$60
Gestalt Pastoral Care	Explore how trauma and stress are impacting your body and your relationships.	\$60
Retreat space	Spend time in solitude and silence in one of Pathways' retreat spaces. Walk the grounds and receive healing from nature.	\$20 (half day) \$40 (full day) \$60 (over night)

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### Frequently Asked Questions

#### Who is eligible for a certificate?

These certificates are available to people who are first-time visitors to Pathways Retreat, and whose job is deemed essential during the pandemic.

#### How do I apply or nominate someone for a certificate?

Email [eventsatpathways@gmail.com](mailto:eventsatpathways@gmail.com) and provide the following information:

- Your name or the person's name (and email) whom you are nominating
- The job
- In return, a form will be emailed. Upon completion and submission of the form you will receive confirmation that your gift certificate is valid, and services and retreat space may be scheduled.

#### Why only 15 of these certificates?

The demand is unknown. If it is high, funds will be raised to make more of these available.

**I'm an employer who wants my people to take advantage of the services Pathways offers. I don't feel right snapping up all these certificates for my staff.**

#### Could we explore ways we can work together?

Absolutely! We were hoping you'd ask. Please contact [eventsatpathways@gmail.com](mailto:eventsatpathways@gmail.com).