



A Program of CWS Restore and Renew

HEALING & LEADING

Root. Bloom. Expand. A Leadership Journey for Refugee and Immigrant Faith Leaders

HEALING & LEADING is a nine-month cohort program created by Church World Service and Freely in Hope to support refugee and immigrant faith leaders. As part of the CWS Restore and Renew initiative, it provides a safe space for leaders who often carry the pain of others to rest, recharge, and heal together.

Through shared learning and connection, participants build practical skills in leadership, community organizing, and trauma-informed care. The program helps transform the challenges of frontline ministry into sustainable, healthy ways of leading and serving others.

WHAT YOU'LL GAIN

- Sustain your leadership through rest and renewal as you address the physical, emotional and spiritual impacts of immigration-related trauma.
- Build practical leadership skills through community organizing, strengths-based approaches, and trauma-informed care.
- Grow lasting cross-cultural relationships through a national network that supports shared advocacy and mutual care.
- Earn a continuing education certificate from Church World Service.

YOUR COMMITMENT

- Nine-month commitment
- Participate in an online orientation (tentatively October 15, 2026)
- Attend three four-day retreats at restful, beautiful locations across the U.S.
- Join twice-monthly virtual gatherings (Cohort Connection and Community Training), with flexibility based on cohort availability.
- Apply program skills to a local social justice campaign in collaboration with CWS Refugee and Immigrant Rights organizing efforts

2026-27 DATES

HEALING & LEADING RETREATS

NOVEMBER 17-20, 2026

Rooting Retreat,
Sandy Springs, GA

APRIL 19-22, 2027

Blooming Retreat,
Scottsdale, AZ

JULY 20-23, 2027

Expanding Retreat,
Farmington, MN

MEET YOUR FACILITATOR

Nikole Lim is a community facilitator, speaker and author of "Liberation is Here." She works at the intersection of leadership, contemplative practice, and trauma-informed care. As founder and international director of Freely in Hope for 15 years, she has partnered with global organizations, faith communities, and survivors of sexual violence to equip leaders to care for their communities sustainably.

Nikole holds degrees and certifications in film production from Loyola Marymount University, global leadership from Fuller Theological Seminary, and embodied contemplative psychotherapy from the Nalanda Institute for Contemplative Science. By integrating global development frameworks with embodied leadership practices, she equips grassroots leaders to transform communities and cultivate organizational wellness.

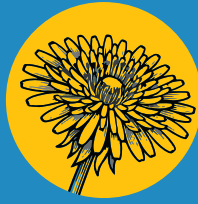


Nikole Lim

ROOT. BLOOM. EXPAND. YOUR LEADERSHIP JOURNEY:



Root in Rest:
Heal through spiritual and cultural grounding



Bloom through Joy:
Grow leadership skills through creativity and innovation



Expand for Impact:
Strengthen communities through collective leadership



WHAT PARTICIPANTS SAY

"Since starting the program, I have grown so much! I have so much knowledge about trauma and healing, and even in the midst of this chaos, how to have fun with my congregation. At the end of the day, it's all about pastoral care ... making sure those I serve are taken care of spiritually, physically and that they feel safe."

– **REV. JADHER ABAD, LUTHERAN PASTOR**

"This program allowed me time and space to reflect on my skills, my strengths, those areas in my ministry that needed attention. I now feel more equipped for ministry."

– **REV. YINESSA ROMERO, UNITED CHURCH OF CHRIST PASTOR**

"I come from a background of working in refugee camps all over the world ... and we don't take time to get out of that environment for a while and to go through activities that are restorative. My hope is to take the somatic healing exercises I've learned and integrate them into our ministry and our personal lives."

– **MERWYN DEMELLO, COMMUNITY ORGANIZER**

FULLY-FUNDED OPPORTUNITY!

Thanks to generous support from the Dr. K. Patricia Cross Charitable Fund, **there is no cost to participants.** All selected participants will receive full funding for program fees, travel and lodging. Eligible applicants may also apply for a stipend to enable their participation.

APPLY ONLINE BY AUGUST 14, 2026



CWS Healing and Leading Program welcomes and affirms all people regardless of age, race, gender identity, sexual orientation, ability or socioeconomic status.

Our leadership team will contact applicants to discuss the program and ensure it is a good fit for their goals and needs.