



## Mental Health Liberation: Tools for Climate Activists

Join us at this workshop to learn about a powerful framework for understanding how oppressive societies enforce passivity, over-consumption, numbness, and isolation as “normal.” We will share simple and effective tools you can use to face difficult feelings about the climate crisis and build emotional support for your climate activism.



**Saturday, September 23, 1:30 pm – 3:00 pm**  
*optional listening circle follows*

12 East 41st Street, 7th Floor



## Tools for Climate Organizing

Sustaining All Life (SAL) and United to End Racism (UER) are international grassroots organizations working to end the climate emergency within the context of ending all divisions among people. As part of New York City Climate Week, SAL/UER will present many interactive workshops that address barriers to resolving the climate emergency. Our events will also show participants how to exchange effective listening to free themselves from the emotional harm resulting from oppression and other hurtful experiences—harm that can interfere with thinking about and responding effectively to the climate crisis.



Sustaining All Life  
[www.SustainingAllLife.org](http://www.SustainingAllLife.org)



United to End Racism  
[www.UnitedToEndRacism.org](http://www.UnitedToEndRacism.org)