ullet FROM THE GROUND UP: GLOBAL GATHERING FOR CLIMATE JUSTICE ullet NOVEMBER 2020 ullet



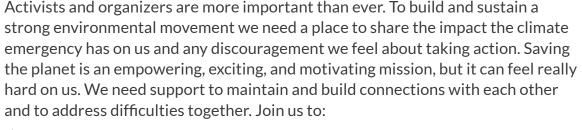
## Self and Collective Care for Transformational Change

DATE: TIME: REGISTER: LANGUAGES: Saturday, November 14, 2020 6:00-7:30 PM GMT (Glasgow) | 1:00-2:30 PM EST (New York)

Register here for Zoom workshop (optional support group after) In English

ONLINE WORKSHOP An interactive experiential workshop from Greenpeace International and Sustaining All Life

GREENPEACE





- ★ Create a brave and safe space among activists to talk about burnout, emotions, wellbeing, and resilience
- ★ Work collectively on strategies to help ensure our activism is joyful and fun
- ★ Share personal experiences so we can learn as a group
- ★ Learn the approaches used by Sustaining All Life and Greenpeace International to increase our effectiveness in the climate justice movement, prevent burnout and heal from the damage of living in our oppressive societies

There will be an optional Listening Circle for an hour immediately following the workshop for further practice using these tools.