

INTRODUCTION TO THE TOOLS OF SUSTAINING ALL LIFE, UNITED TO END RACISM & RE-EVALUATION COUNSELING



Register for the Zoom
link at rc.org/intro

INTRODUCTORY CLASS

Thursday, October 3, 2024

led by Jennifer Holmes*

7 – 9pm CDT / 8 – 10pm EDT

LISTENING CIRCLES (BEGINNING)

Monday, October 7, 2024

led by Amy Tai*

5 – 6:30pm EDT

INTRODUCTORY CLASS

Thursday, October 10, 2024

led by Hao-Li Tai*

10am – 12pm EDT

INTRODUCTORY CLASS

(30 years old and under)

Monday, October 14, 2024

led by Leila Bahssain** & Ida Schenck**

assisted by Randy Karr

6 – 8pm EDT

LISTENING CIRCLES (BEGINNING)

Thursday, October 17, 2024

led by MaryRuth Gross

2 – 3:30pm PDT / 5 – 6:30pm EDT

Led by experienced women of the Global Majority[▼](with *)
and young women (with **).

[▼]Global Majority are African, Asian, Pacific Islander, Latin American
heritage people.

Questions? Contact:

Jennifer at jennifer_m27@hotmail.com,

Amy at amyhtai@gmail.com,

Hao-Li at haolitai@gmail.com,

Randy at randy0702@msn.com, or

MaryRuth at maryruthgross@gmail.com

Interested in strengthening
support of your leadership
and activism in our
climate movements?



Want a deeper practice of the powerful tools
of Sustaining All Life (SAL) and United to End
Racism (UER)?

Join us to:

- Build listening exchange relationships with people who care about strengthening the movement needed to tackle the climate emergency;
- Gain a more solid foundation in the theory of Re-evaluation Counseling and deepening the effectiveness of our emotional healing;
- Be supported and support others to access both past hurts and current upsets, including experiences of oppression and environmental injustice; and the burnout, discouragement, and stress sometimes felt as we work to stop the climate crisis.
- Be a part of an international network of people healing from the impact of oppression and fully recovering our thinking so that we can act more intelligently on the big, current challenges that face us.

Listening circles give people a chance to be listened to about feelings connected to climate change and the elections. Sharing our feelings of grief, fear, anger, discouragement, and hope in a mutually supportive group can refresh us and give us new ideas for action. These listening circles will meet every other Monday for three months with Amy and every Thursday for six months with MaryRuth. Safety builds over time and the group becomes an increasingly supportive space.



If these dates don't work for you, fill out SustainingAllLife.org/contact
and someone will get in touch with you about other possibilities.