



# Sustaining Ourselves as Activists and Organizers

DATE:

**Wednesday, September 23, 2020**

TIME:

**4:00 PM EDT (New York, USA) | 20:00 UTC** (optional support group after)

REGISTER:

[Register here](#) for Zoom workshop

LANGUAGES:

In English, interpreted into Spanish, French, Igbo

## ONLINE WORKSHOP

**CLIMATE  
WEEK  
NYC**

Activists and organizers are more important than ever. To build and sustain a strong environmental movement, we need to have a place to share about the impact of the climate emergency on ourselves and about any discouragement we feel about taking action. We need support to maintain and build our connections with each other and to address difficulties together. We welcome you to come and heal from the effects of our oppressive societies.

Join us to:

- ★ Listen to each other and tell our stories
- ★ Learn the approaches used by Sustaining All Life and United to End Racism to heal from the damage of oppression, increase our effectiveness in the climate justice movement, and prevent burnout
- ★ Hear from people who use these tools to become more effective at reaching our goals for a sustainable future



Sustaining All Life



SustainingAllLife.org



fb.com/SustainingAllLife



@SustainingAllLife



UnitedToEndRacism.org



@sustaining\_all\_life





## The Work of SAL and UER



Sustaining All Life



It is possible to limit the effects of human-caused climate change and restore the environment—and some big changes are needed if this is to happen. Sustaining All Life (SAL) and United to End Racism (UER) believe the environmental crisis cannot be resolved without ending racism, genocide of Indigenous peoples, classism, sexism, and other oppressions. The impact of environmental destruction and climate change falls most heavily on the groups targeted by these oppressions, and on other vulnerable populations (including populations of people who are elderly, disabled and very young).

To build a movement powerful enough to resolve the climate crisis, SAL and UER believe that the following barriers must be overcome: (1) longstanding divisions between nations and between groups of people caused by oppression (especially by racism, genocide of Indigenous people, and classism), (2) widespread feelings of discouragement and powerlessness, (3) a too-slow response to the escalating damage to the earth's climate, (4) difficulties in effectively addressing the connections between the environmental crisis and the failures of our economic system.

We have found that these barriers are most quickly overcome as people heal from the mental and emotional harm caused by oppression. SAL and UER events provide opportunities for people to take turns listening to each other while encouraging emotional release. We become better able to think, speak out, organize, unite, and lead others in building a sustainable world.

SAL and UER are projects of and use the tools of Re-evaluation Counseling, which currently exists in 95 countries.

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For more information:  
[www.sustainingalllife.org](http://www.sustainingalllife.org)  
[www.unitedtoendracism.org](http://www.unitedtoendracism.org)

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