



WORKSHOP»

EXPRESSING CLIMATE GRIEF

DATES:

September 23, 2019 ● 1PM – 2:30PM*

September 25, 2019 ● 4PM – 5:30PM*

* support groups following each workshop

LOCATION:

4W43 Building, Green Room

4 West 43rd Street, New York, NY 10036

Interpretation available upon request.

Wheelchair accessible.

Unhealed grief, fear, and frustration about the climate emergency affects our initiative and hope for the future. Our unexpressed emotions interfere with our ability to bring our intelligence and energy to effectively respond to the climate crisis. The opportunity to openly express emotions about the damage to the earth and its inhabitants can release enormous thinking and action.

In this workshop we will:

- ★ Listen to each other in groups and pairs with awareness and caring,
- ★ Learn the approaches used by Sustaining All Life and United to End Racism to heal from the emotions we experience in reaction to the climate crisis, increase our effectiveness in the climate justice movement, and prevent burnout,
- ★ Learn tools to take back to our home communities and organizations to help others notice, feel, and release their climate grief and other emotions.



Sustaining All Life



SustainingAllLife.org



UnitedToEndRacism.org



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**THE
WORK
OF SAL
& UER**

It is possible to limit the effects of human-caused climate change and restore the environment, but some very large changes in our economy and the lives we live are needed for this to happen.

Sustaining All Life (SAL) and United to End Racism (UER) believe the environmental crisis cannot be resolved without ending racism, genocide toward Indigenous peoples, classism, sexism, and other oppressions.

We believe that the barriers to building a large and powerful movement sufficient to make the needed changes include (1) longstanding divisions (caused by oppression, and especially racism and classism) between nations and between groups of people, (2) widespread feelings of discouragement and powerlessness, (3) denial of or failure to engage with the escalating damage to the earth's climate, and (4) difficulties in effectively addressing the connections between the environmental crisis and the failures of our economic system.

The mental and emotional harm done to us by oppression and other hurtful experiences interferes with our ability to think clearly and sets groups of people against each other. In SAL and UER we have learned that it is possible to free ourselves from these hurts and address barriers to effective organizing. By taking turns listening to each other and encouraging emotional release, people can heal from the mental and emotional harm and become better able to think, speak out, and organize 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.



Sustaining All Life

For more information, see:

www.sustainingalllife.org or www.unitedtoendracism.org

or write: Sustaining All Life/United to End Racism

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