



WORKSHOP»

SUSTAINING OURSELVES AS ACTIVISTS AND ORGANIZERS

DATES: **September 21, 2019** ● 4PM – 5:30PM*
September 24, 2019 ● 10AM – 11:30AM*
* support groups following each workshop

LOCATION: **4W43 Building, Green Room**
4 West 43rd Street, New York, NY 10036
Interpretation available upon request.
Venue is wheelchair accessible.

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. And we need a place to heal from the effects of our oppressive societies.

Join us to:

- ★ 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



UnitedToEndRacism.org



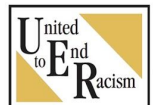
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THE WORK OF SAL & UER

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.



For more information, see:

www.sustainingalllife.org or www.unitedtoendracism.org

or write: Sustaining All Life/United to End Racism

719 Second Ave. North, Seattle, WA 98109, USA

Email: ircc@rc.org Tel: +1-206-284-0311

