



sUStain Climate Cafés

**Every Thursday, from 3pm at the Warren in UEA
(starting 14th March 2024)**

Concerned about the climate crisis? Worried you're not doing enough? Come along to our climate cafés.

A friendly informal space to talk about how you are feeling about the climate emergency over a cuppa and some cake. Talking with like-minded others can help us find, or revive, our agency and compassionate resourcefulness, rather than leaning into despair, shame and helplessness.

All the cafes are co-facilitated by a member of Mind staff and a trained student volunteer.

For more info about the event please email:
sustain@norfolkandwaveneymind.org.uk

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