

## **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 wit 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.

Norfolk and

Wavenev

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



## Looking to engage further and learn more ways to foster resilience and tap into creative power?

Join us for an empowering journey towards Active Hope and Mindfulness, where we explore transformative practices, and support ourselves through eco-anxiety and climate distress. Contact <a href="mailto:sustain@norfolkandwaveneymind.org.uk">sustain@norfolkandwaveneymind.org.uk</a> for more information.

## Follow us for updates:

Twitter/X: @sustain2024
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