



The lotus is said to live and bloom for 1,000 years in the mud.

Climate Crisis Support Group

The news of extreme weather, extinction events, and our changing environment can lead to worry and hopelessness. Join this group to safely share your concerns about the climate crisis. You'll also learn and practice skills including:

- Expressing gratitude for our planet
- Coping with stress & anxiety related to the climate crisis
- Grieving lost places and species
- Practical steps you can take in your daily life
- Exploring the full range of emotions related to climate
- Radical Hope

Some sessions may include ecotherapeutic walks/practices or outdoors experiences.

\$30 fee per session. Please RSVP as seats are limited:
mvann@whitecloudtherapy.com

When

10:00- 11:30

Tuesdays

Beginning

February 4, 2020

Where:

322 Monticello

Williamsburg, VA

Contact:

Madeline Vann,
NCC, M.Ed.

757-276-7069

