



sUStain Climate Cafés

**Last Thursday of every month, from 3pm
at the Warren in UEA**

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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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 sustain@norfolkandwaveneymind.org.uk for more information.

Follow us for updates:

Twitter/X: [@sustain2024](https://twitter.com/sustain2024)

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