

Welcome,

Thank you for enrolling in the GTEC/Kitsilano Neighbourhood House “From Climate Grief to Action” group.

Our group is a response to the growing need to help people who are experiencing Eco-anxiety. Things have gotten bad, and many people choose either to ignore the problem, or make it worse. We believe Eco-anxiety is a natural emotional response to this increasingly dire situation.

We offer a professionally facilitated group that will provide you with an opportunity to share your thoughts, emotions, and grief about the climate emergency without judgment or denial. This group offers the chance to witness, accept, and support others as they move through their grieving process and to receive the same support from the group, if you choose to share. You are not obligated to share, and your attendance will be appreciated whether you choose to share or not.

This group is built around the idea that the most effective way of coping with Eco-despair is through Eco-action. Therefore, the group will provide a pallet of action activities that have helped others when coping with Eco-depression. These include meditation, guided imagery, song, and dance. The group will explore these action focused activities, as well as other activities that may arise from our meetings.

The world is a scary place and perhaps, through collective action, we can come to see that a better world is possible. We can help make this a decade of decision and change. We can help create a happy new decade for us all.

The Support Group will meet on four Mondays - Jan 20, 27, Feb 3, 10. We look forward to seeing you on January 20, 7:00 pm at Kitsilano Neighbourhood House (2305 W 7th Ave, Vancouver).

If you have any questions or concerns, please send them by email to me tom@gteccanada.ca, or my assistant taylor@gteccanada.ca and you will receive a response within two business days.

Warm Regards,
Tom Hetherington
Taylor Innes

The From Climate Grief to Action (FCGA) group is a part of the GTEC Neighbourhood Environmental Education Project. GTEC would like to acknowledge the support of the Vancouver Foundation and Kitsilano and Collingwood Neighbourhood Houses in making this project possible. Our thanks to SPEC Elders and Vancouver Extinction Rebellion for their endorsements.