

# CLIMATE DESTABILIZATION: OUR LONG SLOW EMERGENCY

Sunday, June 24, 2018, 6:30-8:00pm

## PRACTICES & ACTIONS TO CREATE RESILIENCE

4th Sunday of each month

### PERSONAL RESILIENCE: Creating calm



"Despite incontrovertible evidence that humans are changing the climate, a sizable minority of the global population still doesn't accept it is happening, while many who do are overwhelmed by the enormity of the problem".

Our program includes a 15-minute film by Yale360, **After Denial: 5 Stages of Grief** that explores the ways people react to climate change. Followed by discussion, practices to process our feelings, align with our values, plus deep breathing and mindfulness practices to calm the mind.

*Join us ~ Free! Open to all! ~  
No experience necessary.*

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Oasis Café in Carr Mill Mall  
200 N. Greensboro St, first floor  
Carrboro, NC

If you are unable to join us in person, consider inviting a few friends over and watching together!

Link: [https://e360.yale.edu/features/how\\_we\\_react\\_to\\_climate\\_change\\_five\\_stages\\_of\\_grief](https://e360.yale.edu/features/how_we_react_to_climate_change_five_stages_of_grief)

Sponsored by Citizen's Climate Collaborative:  
Betsey Downing, Marty Adams, Tana Hartman Thorn,  
Dirk Kelder & Jim Sander

For more information, see <https://betseydowning.com/upcoming-events/>