



Lunchtime Seminar: **Climate Change and Mental Health**

Wednesday 30 June, 12.30 - 2pm

Victory Community Centre, 2 Totara St, Nelson

- Koha: Please bring a cash koha (suggestion \$10)
- Bring your own lunch
- No need to register, just come along.
- Contact: Alistair Munro
email: ackm@foulis.nz

Climate change is the most critical issue of our time, impacting global but also inner ecosystems. Increasingly, climate crisis affects the hearts and minds of people in our communities. It can inspire us to change or it can immobilise us with anxiety. This lunchtime seminar will explore the mental health implications of climate change and help you explore ways to promote wellbeing.

Speaker: Silvia Purdie is a sustainability consultant and trainer, counsellor & supervisor and Presbyterian minister. She is working with community organisations, esp. social service agencies, to facilitate discussions around sustainability and climate change.

Place Consultancy: www.place.net.nz