## PRACTICING RESILIENCE IN THE FACE OF OUR CHANGING CLIMATE

A workshop using creativity, community and mindfulness to navigate difficult emotions related to the current chaotic climate.

## Saturday, September 16th 9 am to 5 pm

This workshop is free, but registration is required

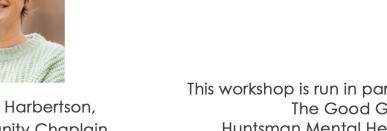
Open to University of Utah students and staff \*Email HMHIGREEN@utah.edu to register



Nataunya Kay, MA, ATR



Rev. Alli Harbertson. Community Chaplain



This workshop is run in partnership with The Good Grief Network. Huntsman Mental Health Institute. The Resiliency Center and The University of Utah Sustainability Office







