

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**



Nataunya Kay, MA, ATR

This workshop is free, but registration is required

Open to University of Utah students and staff

*Email HMHIGREEN@utah.edu to register



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



**Sustainable Campus
Initiative Fund**
Managed by the University of Utah Sustainability Office