



ACTIVE GRIEF, ACTIVE HOPE:

~ TRANSITIONING YOUTH THROUGH CLIMATE CRISIS INTO RESILIENCE ~

THURSDAYS: 1PM - 4PM

SEPT 14, SEPT 21, SEPT 28, OCT 5, OCT 12, OCT 19 AND OCT 26

WHAT: This program aims to address the need for supporting our communities' engaged youth as they face the difficult thoughts, emotions, and uncertainties that come along with the grave realities of climate change.

WHO: Youth experiencing anxiety and mixed emotions that come from witnessing and living with climate crisis, who are also looking to find ways to move through to a place of acceptance and resilience through a nature-based program.

- Homeschoolers, community partners or students
- 8-10 youth (ages 14-19)
- Individuals referred through Power To Be and/or Human Nature

WHERE: Our beautiful Prospect Lake site located at 4633 Prospect Lake Rd. Some programs may be held in other areas of the CRD.

PROGRAM DELIVERY INCLUDES:

- Nature connection experiences, and exploring the landscape
- Group bonding initiatives
- Sensory awareness activities
- Mindfulness practices
- Play
- Group sharing, council
- Creative expressions of emotions through art
- Psycho-ed skill building related to navigating tough emotions

COST:

Sliding scale of \$100 to \$400.

(Subsidized cost: \$100, Partial recovery: \$200, cost recovery: \$400.)

Bursaries available, please inquire for more information.

Contact Britt McLeod at bmcLeod@powertobe.ca to learn more!

