

Mindfulness & Active Hope Course UEA



Embark on a transformative journey toward cultivating Mindfulness and Active Hope with our course, inspired by the pioneering work of Chris Johnstone and Joanna Macy.

Here's what you'll experience:

- Gain essential tools to navigate our planetary crises with grace and strength.
- Explore a rich tapestry of simple yet potent practices to thrive amidst adversity.
- Harness intense emotions as catalysts for growth and positive change through compassionate inquiry.
- Learn practical insights into authentically transforming fear, despair, and anxiety into sources of Active Hope.

The course is part of the sUStain project by Norfolk and Waveney Mind, offering holistic support for eco-anxiety and climate distress. Be part of the third year of this course on campus and join us to become an active agent of change, shaping a future grounded in hope and mindfulness. Together, we'll navigate uncertainties with courage, compassion, and resilience.

Don't miss the chance to shape our journey together! Contribute your voice in three co-design sessions to tailor our six-week course to the group's needs. Your input will help shape our adventure. Join us and leave your mark!



Registered charity No. 1118449



Time/ Dates/ Location:

Co-design meetings:

- October 17th, 24th

Course dates:

- Session 1: October 31st
- Session 2: November 7th
- Session 3: November 14th
- Session 4: November 21st
- Session 5: November 28th
- Session 6: December 5th
- Session 7: December 12th
- Session 8: December 19th

Time: 17:30 - 19:30

Location: Earlham Hall, room 0.34

**BOOKING A PLACE IS ESSENTIAL,
PLEASE EMAIL TO BOOK**

Contact information:

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www.norfolkandwaveneymind.org.uk/sustain-project

