



## **sUStain Climate Cafés**


**Last Friday of every month, from 6.30pm - 7.30pm  
at REST Norwich, Churchman House, 71 Bethel  
Street, Norwich, NR2 1NR**

Concerned about the climate crisis? Worried you're not doing enough? Come along to our climate cafés.

A friendly informal space to talk about how you are feeling about the climate emergency over a cuppa and some cake. Talking with like-minded others can help us find, or revive, our agency and compassionate resourcefulness, rather than leaning into despair, shame and helplessness.

All the cafes are co-facilitated by a member of Mind staff and a trained student volunteer.

For more info about the event please email:  
[\*\*sustain@norfolkandwaveneymind.org.uk\*\*](mailto:sustain@norfolkandwaveneymind.org.uk)

 **mind**  
Norfolk and  
Waveney