



Hi Readers,

This second round of COVID lockdown has been particularly hard for those of us in Victoria and Melbourne. Here at PSC we have been thinking of ways we can offer support and nourishment to our community in this midst of this without losing our focus on the importance of addressing climate change. Out of this emerged the idea of the [HEART for climate action 10 days of creative care program](#). For ten days starting on August 20 we will be sending out invitations and practices that support creativity, reflection and self-care that aim to nourish and support you to engage with your inner resources at this time.



To sign up simply make a donation of \$40 or more here and fill in this form.

This program coincides with our current efforts to raise money for our organisation so that we can:

- Continue to offer our workshops to the community and activists at an affordable rate.
- Expand our reach into our professions of psychologists, psychiatrists and counsellors, to increase both their engagement and ability to respond appropriately to growing eco-anxiety in the community.
- Begin to engage key community leaders to collaborate on a health promotion program aimed at building psycho-social resilience in local communities as climate threats are realised.

If you've signed up for this newsletter we count you amongst our community and key supporters, we would so appreciate any donation you would be able to make at this time. Your donation today would be an investment in the long term flourishing and success of the climate movement here in Australia. For more detailed information on how the 10 days of creative care will work, read on below.

With gratitude for your support,

The PSC team

How will it work?

Once you [sign up](#), you will receive an information package via email with all the additional information you will need to participate. You can sign up to take part in the August or September rounds of the 10 days of creative care.

Then, **once a day for ten days in August (20 August - 30 August), or for ten days in September (20 September - 30 September)** we will send you one invitation, inspiration or practice each day to help you

- Engage with climate change
- Build skills of emotional resilience
- Rediscover that creative inner place of aliveness that gives you the heart to act

Each day you will also be invited to share your creation or some reflections on your experience with the wider community taking part by posting on social media of your choice using the hashtag **#HEARTforclimateaction**.

We will collate what is shared in one place here in a gallery on our website, through our [Facebook page](#), and using our [Instagram](#) so that you can see what else is happening out there, get inspired and feel supported. So often in our workshops, participants express the relief at realising they are not alone in their struggle. *HEART for climate action* will be a chance to connect with others all over Australia as you undertake the same practices each day, and get curious about how climate change is showing up in your life and inner world.

[**Sign up today to receive your digital creative care pack!**](#)



Saturday 15 August 10am-12.30pm Online

An introductory seminar for therapists to reflect on our response to the growing prevalence of eco-anxiety, fear and climate grief. [Tickets and more info available here](#)

This seminar is coming up tomorrow morning! There are still a few spots left!

PSC volunteers are based on the lands of the Wurundjeri tribe of the Kulin nation. We acknowledge their elders past, present and future. PSC acknowledges Aboriginal and Torres Strait Islanders are Australia's First Peoples and the traditional owners and custodians of the land on which we work.

Our mailing address is:
contact@psychologyforasafeclimate.org

[unsubscribe from this list](#)