



Hi Readers,

We hope you are faring well through the uncertainty and difficulty that characterises this time for many of us. We just finished up the first round of [HEART for climate action 10 days of creative care](#) last Sunday and we were very inspired by the heartfelt participation of so many people and the wonderful creative works and processes that emerged over the course of the ten days. You can see some of what people created in our [gallery here](#). Our [September round](#) of this program begins on September 20, more information about this and the connected fundraiser is available below.

Climate Grief Workshop Saturday 5 September from 10am-1pm we are running a workshop online for psychologists, psychotherapists, counsellors and health professionals to join with colleagues to explore their climate grief. [Click here](#) for more information.

We were recently troubled to learn that **AON is brokering insurance for Adani's rail line** that will carry coal from Adani's climate-wrecking mine to the Abbot Point Coal export terminal. We are aware that many psychologists in Australia use AON for their insurance and we encourage you to think about how you could



Day 1 - Nature Mandala, Heart for climate action

engage with AON to demand they do not provide insurance for this project. **A powerful way to make this demand is to cancel your insurance with them and let them know why you are leaving.** You might also write to them as one of their customers and voice your concern and intention to leave should they continue to insure projects such as these. For more information and guidance on how you can effectively engage can be found [here](#).

Finally, an update on our [fundraiser](#). Thank you so much for your donations! We have been blown away by the support from people, and we're *almost* halfway to our goal of \$50,000! 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.](#)

With gratitude for your support,

The PSC team



If you're feeling the need for some support or creative engagement with your life in the midst of what has been quite a gruelling time, you might consider [signing up](#) for round two of the [Heart for climate action 10 days of creative care](#) which begins on Sunday 20 September. Here's what some of our August participants had to say about their experience:

"Your program led into a deep exploration of my relationship not only with climate change but also with other issues close to my heart...The reflective exercises were deeply satisfying as I found myself building a depth of understanding of what I believe in and what keeps me centred."

"I found this 10 day program so enriching. Some tasks were nurturing and soothing, some were challenging and others just plain enjoyable. I loved seeing what others had done and also having a chance to share my contributions with others too."

To sign up for September simply [make a donation of \\$40 or more here](#) and fill in this [form](#).

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 September round or you can choose to undertake the program in your own time after September.

Then, **once a day for ten days in 20-30 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](#), 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!



ACKNOWLEDGING OUR GRIEF ABOUT CLIMATE CHANGE

Saturday 5 September 10am-1pm Online

A workshop for psychologists, psychotherapists, counsellors and health professionals to join with colleagues to explore their climate grief. [Tickets and info available here](#)

This workshop is coming up this Saturday! 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](#)