

Loving our Earth: Climate Crisis Support Group

When we work with our grief, our heartbreak reveals our love for this world

This free five-session online (zoom) group is sponsored by Women of Spirit in the Berkshires. The group is intended as a safe place to talk about the difficult feelings that arise when we face our destabilized future. The sessions will also offer you an understanding of how we got here, and mind-body-spirit practices to stay grounded and sane. To create a consistent and supportive community, the expectation is for participants to attend all 5 sessions.

FACILITATOR: Ani Nadler Grosser, LICSW. Ani is a long-time member of Women of Spirit's Leadership Council, and a therapist and yoga teacher with many years experience facilitating groups.

Ani was inspired to offer this group after listening to a 2024 podcast series featuring the work of legendary Joanna Macy. Macy is a scholar of Buddhism, systems theory and eco-ecology. The podcast consists of touching conversations between Joanna, now 95 years old, and Jessica Serrante, 35 years old. You can download the entire podcast series here <https://resources.soundstrue.com/we-are-the-great-turning-podcast/>.

WHEN: Five Mondays, January 27 - February 24, 2025, 4-5:30 pm. Ani will send out a zoom link before each session. And for those of us local to the Berkshires we will together plan an in-person gathering at the end of the group.

COST: There is no charge to participate. For those who can, Women of Spirit (a 501.3C non-profit) welcomes a donation to support more public programming.. Suggested donation: \$25-\$75.

A check can be made out to Women of Spirit and mailed to WoS Treasurer:

TO REGISTER:

To sign up, please email Ani: ani@compassionaterelationships.com.

Please feel free to invite friends and family to join. They can contact Ani directly.