

# Despair to Empowerment

Monday 16th July 2007 6.45pm to 9.45pm

The Place, 2a Melrose Street, Sherwood, Nottingham NG5 2JP

Ever feel down or distressed about the state of the world?

Ever wonder if we make a difference?

How do we deal with the sadness and fear that we feel for the world?

Feelings that can lead us into despair, inaction, feeling overwhelmed, not knowing where to start, what to do next or whether it is all worthwhile?

Come and be inspired, empowered, encouraged – find hope in the dark

Move from fear to creative energy and action

Feel our interdependence and connection with the rest of the world

Discover yourself as part of the world-wide movement for change towards a sustainable world

Tap into inspirational resources

Experience transformative processes that move us from feeling alone or alienated to interconnectedness and community

This workshop is for anyone concerned about the state of the world – whether you are already living sustainably, engaged as an activist or campaigner or are someone who wants to feel empowered and supported to start to do any of these, or something else!

In a safe, supportive group, we will use exercises and techniques to explore and express our thoughts and feelings about the environment and injustices in the world. Based on the work of life-long activist Joanna Macy, this material has helped many thousands around the globe to find insight, solidarity and courage to act despite rapidly worsening conditions.

**Cost:** Free, donations welcome.

**Booking:** Just turn up on the night – but if you would like to let us know you are coming, it would be helpful.

**Transport:** Buses 56,57,58,59,87,88,89 or Calverton Connection from City Centre.  
The Place is behind the former Sherwood Bus Garage, just off Mansfield Road.

**More info:** 0115 981 2456 or email [despairtoempowerment@gmail.com](mailto:despairtoempowerment@gmail.com)

*Profound changes occur when we express, not repress our pain for the world.*