

# Climate Change Anxiety



## A Community Conversation about the Mental Health Impacts of Climate Change

**When:** Saturday, September 14<sup>th</sup>, 2:30 to 4:00 pm

**Where:** Gabriola Library

**Who:** Dr. **Rachel Grimminck** (MD, FRCPC, DABPN, CGP. Clinical Assistant Professor, University of Calgary and University of British Columbia) and Dr. **Paivi Abernethy** (Island Health, University of Waterloo)

A conversation about climate change, mental health and resiliency: how climate change leads to climate anxiety, eco grief, and other climate emotions; how we can engage in citizen-based research to learn more about climate emotions in our community, and what we can do help Gabriolans cope and build resilience in the face of climate change.

*An initiative of Sustainable Gabriola's Climate-12 Project and the Gabriola Health and Wellbeing Collaborative*