

# Getting Started

## Resources For Climate Emotions Support Group Facilitation

[Ways We Can Make Social Justice Movements Less Elitist and More Accessible](#) This article by Kai Cheng Thom identifies 9 ways to make groups, meetings, and movements more welcoming, inclusive, and accessible.

[The All We Can Save Project - Facilitation Guide](#) By Adrienne Rich, this guide is dedicated to creating conditions for grassroots and community-led leadership, primarily related to the climate crisis. The website includes many resources that provide guidelines and suggestions for handling challenges that can occur in group interactions.

[Climate Cafes](#) This is the facilitation training by Climate Psychology Alliance of North America for their Climate Cafes. This training teaches participants ways to create informal, open, respectful spaces where participants can share their feelings about the climate and environmental emergency. The Climate Cafes focus on exploring thoughts and feelings rather than focusing on what should be done.

[Emotional Resilience Toolkit for Climate Work](#) This handbook was designed to provide emotional support, resources, and tools for eco-anxiety, grief, and the range of feelings accompanying climate work. In addition, it includes information on group dynamics and activities. The Emotional Resilience Toolkit for Climate Work was developed by the Climate Therapy Alliance (Pacific Northwest Chapter) and shared with permission from Andrew Bryant, one of the contributing authors.

[Good Grief Network](#) This organization provides training to teach individuals how to facilitate their 10-step program to build resilience and create spaces where people can lean into their painful feelings and reorient their lives toward meaningful action. They hold 12-week facilitator trainings and provide a list of resources that includes articles, poetry, books, and documentaries.

[Land Acknowledgement Learning Resources](#) Compiled by Melissa Horner (Manitoba Métis Federation/Turtle Mountain Anishinaabe), this public Google document provides resources on understanding the importance of Land Acknowledgements and how to do them effectively in group settings.

[Leading Groups Online, a down-and-dirty guide to leading online courses, meetings, training, and events during the coronavirus pandemic](#) This ebook by Daniel Hunter and Jeanne Rewa provides information on leading groups online, including principles, interactive tools, and commonly answered questions. The free ebook is published in multiple languages. <http://www.leadinggroupsonline.org/#order>

*From Climate Emotions Support Group Hub, Climate Psychology Alliance North America, <https://www.groupfacilitatorshubcpa-na.org/>*

**[Living With Climate Crisis Facilitator's Handbook](#)** This 124-page handbook by Rosemary Randall, Rebecca Nestor, and Daniela Fernandez-Catherall was designed to support facilitators of groups specific to Carbon Conversations' [Living with Climate Crisis](#)' parameters. It discusses climate psychology, addressing and facilitating group work, and experiential learning activities. While specific to [Living with Climate Crisis](#) groups, the handbook can also be a helpful resource for any facilitator of climate work.

**[Youth vs. Apocalypse Toolkit](#)** This collection of presentations includes videos and slides and can be utilized in classrooms and programs. The presentations are grouped by grade level and focus on an introduction to climate justice and Youth vs Apocalypse, as well as Restorative Justice and Climate Justice. From their website: "[Youth Vs. Apocalypse](#) is a diverse group of young climate justice activists working together to lift the voices of youth, in particular youth of color and working class youth. Their collective action aims to fight for a livable climate and an equitable, sustainable, and just world".