



Coming Back to Life:

a four session course on how to work for
social change without burning out

Are you troubled by the suffering going on in the world and wondering how you might effect change?

Join us to transform frustration and overwhelm into power and action. We'll use the framework pioneered by author Joanna Macy* which includes reflection, conversation, poetry, and movement.

Each week will explore a different theme: gratitude, honoring our pain for what's happening in our communities and world, seeing with new eyes, and moving into sustainable action.



M.K. GANDHI
INSTITUTE

FOR
NONVIOLENCE

Wednesdays, May 6, 13, 20, & 27th

7:30-9:30 pm

@ the Gandhi House

929 South Plymouth Avenue Rochester, 14608

Register by May 4: 463-3266 or srichmond@ur.rochester.edu

Donation based on a sliding scale: \$25-50 Contact us if you need a scholarship.

*Drawing from deep ecology, systems theory and spiritual traditions, the work of Joanna Macy builds motivation, creativity, courage and solidarity for the transition to a sustainable culture. This work has inspired thousands of people to take heart and work together for the sake of life on Earth, despite worsening social and ecological conditions.