



REGISTRATION FORM
EARTH CARE/CAPACITAR CLIMATE CHANGE RESILIENCE WORKSHOP

Combating Stress from Environmental Harm, Lack of Equity, & Other Climate Challenges
A Free Workshop for Self-Care Practices

The Earth Care Committee of the First Congregational Church Sonoma is hosting the organization *Capacitar*, offering a program that has worked in local and international communities to give families simple wellness practices for use in school and at home. Proven practices help young people and adults learn how to manage stress, improve mental focus, and become better learners: critical tools in this time of climate crisis.

Date: October 16, 2021

Time: 11:00 a.m. – 12:30 p.m.

Place: Burlingame Hall First Congregational Church of Sonoma
252 West Spain Street, Sonoma, CA

Free: No Admission Fee Required. Parking is free.

PARTICIPANT'S NAME: _____

IF A YOUTH, PARENT OR ACCOMPANYING ADULT WHO MAY ATTEND:

CONTACT INFORMATION: TELEPHONE: _____ **EMAIL:** _____

FOR YOUNG PEOPLE, PLEASE TELL US SOMETHING ABOUT YOURSELF:

AGE: ____ **GRADE AND NAME OF SCHOOL YOU ATTEND:** _____

WHAT DO YOU DO FOR FUN? _____

WHAT MAKES YOU HAPPY? _____

FOR EVERYONE:

WHAT QUESTIONS DO YOU HAVE ABOUT CLIMATE CHANGE? _____

PLEASE RETURN YOUR REGISTRATION TO vbertelsen13@gmail.com or sharoneduggan@gmail.com
