



Media Release

Kingston Frontenac Public Library
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KFPL, Sisters of Providence offer support and learning with Climate Feelings Circle

Staring down the impacts of climate change, it's not a surprise that many of us are feeling scared, angry, sad, or stressed. If that sounds familiar to you, you don't have to carry those feelings alone. The Kingston Climate Feelings Circle, sponsored by the Justice, Peace and Integrity of Creation office of the Sisters of Providence, is a space to connect with other community members feeling similarly.

"Climate change and the emotions it provokes can seem overwhelming," said Anne Hall, KFPL Programming and Outreach Librarian. "But considering it as part of a community is empowering."

The small group will meet at KFPL's Central Branch on Johnson Street. The program dates are September 16, October 7, October 28, November 18, and December 9, from 4:15 to 5:45 p.m.

In the Circle, participants will learn about emotional responses to the climate crisis, and support one another in that learning. Group members will read meaningful work on the climate crisis, including [*All We Can Save: Truth, Courage, and Solutions for the Climate Crisis*](#), edited by Ayana Elizabeth Johnson and Katharine Wilkinson, and discuss it in a positive, encouraging space. The library's book club set of *All We Can Save* is reserved for the Circle's participants.

Enrolment is limited to 12 people for this first five-session gathering, though KFPL hopes to offer the opportunity again soon. Circle members must physically distance and wear a non-medical face mask in a manner that covers their face, nose and chin.

KFPL cardholders age 16 and up can [register for this program online](#).

For more information, visit www.kfpl.ca or call your local branch.