

MONMOUTH  
UNIVERSITY

CLIMATE CRISIS TEACH-IN  
OCTOBER 4-9  
MONMOUTH UNIVERSITY

WAKE UP TO  
CLIMATE CHANGE



## Eco-wellness: Ways to Actively Combat and Cope with Climate Grief

### Climate Crisis Teach-In 2021

For this registration link and more go to Webpage:

<https://www.monmouth.edu/school-of-science/climate-crisis-teach-in/>

### Location of this Teach –In: Erlanger Garden with Dr. Megan Delaney

Licensed Professional Counselor (LPC) and  
author of “Nature is nurture: Counseling and the Natural World”  
via Oxford University Press

**Monday, October 4, 2021 | 12:00 – 1:00 p.m.**

This presentation is open to faculty, staff, students and the community.

It will be held outdoors, so please dress appropriately.

Participants are asked to bring a small notebook and something to write with.

If you feel sad, worried, overwhelmed and even despair about climate change, you are not alone. Ecological grief, or eco-grief, is the psychological response to mourning the environmental destruction of our planet.

This presentation will allow participants to explore feelings of grief and loss but also help participants with ways to develop an ecological wellness plan to help heal ourselves and the planet.



Dr. Megan Delaney, PhD, LPC  
Associate Professor  
Department of  
Professional Counseling

**TO REGISTER**  
[monmouth.edu/  
eco-wellness](https://www.monmouth.edu/eco-wellness)

QR CODE

