

BREAK THE DIVIDE

CLIMATE EMOTIONS WORKSHOPS AT BREAK THE DIVIDE

Empowering young people to navigate the emotional impacts of climate change.

At Break The Divide, we know students aren't just learning about the climate crisis. They're feeling it, often with worry, grief, or overwhelm about the future. Our Climate Emotions Workshops create supportive spaces where young people understand their emotions, build coping skills, and connect their feelings to community, identity, and meaningful action.

Workshop Offerings

Workshop #1 - Climate Emotions & Wellbeing

A supportive, tool-based workshop that helps students identify psychosocial impacts of climate change, regulate emotions, and build transferable skills for emotional wellbeing through mindfulness and self-reflection.

Workshop #2 - Local Climate Change & Community Identity

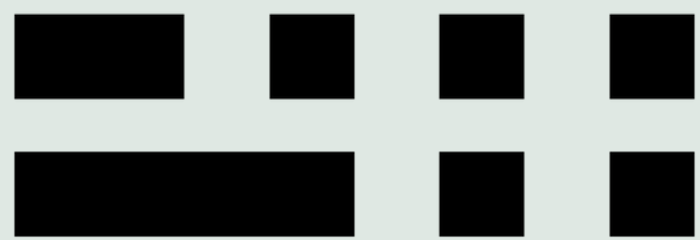
An interactive workshop that builds environmental literacy by connecting climate change to local impacts while exploring community identity and resilience rooted in students' own lived experiences.

Workshop #3 - Action & Youth Leadership

A workshop that introduces pathways for climate action, explores youth leadership, and shows how taking action can transform co-anxiety into meaningful community change, big or small.

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BREAK THE DIVIDE

Proven Impact Since 2017

"Before the workshop, I felt so lost and scared about the future. Now, I see that we can use these emotions to connect and create change." – Christina, age 13, Saskatchewan

What Teachers Get

- A 90-minute to 2-hour interactive workshop delivered in-class
- Ready-to-use resources and lesson plans to continue learning
- Optional PD customized to teacher needs

Price Breakdown

Option 1:

\$1500 for one 90 minute workshop

Option 2:

\$2500 for our bundle deal that includes materials from all three workshops for a 2hour session

Pricing includes facilitation, materials, personalized content prep, and PD for teachers. Flexible pricing available depending on group size

Bring trauma-informed climate and mental health education to your classroom.

BOOK A WORKSHOP

www.breakthedivide.net

