

# Climate resiliency skills

This is an in-person event

Date November 5, 2025

Time 6:30 pm to 8:00 pm

Location Collaboratory

Event type [Lifelong learning](#)

Page 1 - <https://nvcl.ca/> | Accessed: August 16, 2025 - 07:47 PM

[REGISTER](#)

[Back to all events](#)

## Event overview

November 5, 2025

6:30 pm to 8:00 pm

Our world is getting increasingly complex. Fires have increased 1000% over the last 5 years, becoming larger, more frequent and more widespread. Climate change is increasing the intensity of extreme weather such as hail, damaging winds and flash floods across the globe. Faced with this new reality, your brain shuts down because the problem feels insurmountable.

In this [Climate Action Week](#) program, learn what your brain and nervous system need to build your “rally” muscle. It is important to build the muscle of climate resilience before disaster happens so that we can be cognitively prepared. Discover daily steps you can take to get unstuck and turn your climate despair into climate action.

Facilitator bio: Christine Coles teaches sustainability theory to design degree students at LaSalle College. With an MSc in the Theory & Practice of Sustainable Design, Christine has worked on net-zero buildings as an energy advisor and designer.

[REGISTER](#)

[Calendar](#)

[Share](#)