

Wednesday January 18

7 - 9 pm

# Eco-Anxiety

**Supporting & Empowering Youth  
Toward Climate Hope**

## Kate O'Connor

Eco-Anxiety is a growing mental health concern, particularly in young people. This education event is open to youth and their parents.

The Reynolds and Vic High PACs invite you to join us on zoom with Kate O'Connor. Kate will be offering new insights about climate hope to support today's youth to take action and feel optimistic about the future.

Kate O'Connor is the youngest candidate to ever run for political office in Canada when she ran at age 18 as the MP for Saanich South in 2020 for the Green Party.

Today, Kate remains a passionate climate and social justice advocate sharing her voice through The Starfish Canada—a speaker's bureau of young and dynamic speakers.

**Join on zoom (cut and paste link in browser)**

<https://us02web.zoom.us/j/85212434077?pwd=SkdYTWcvS293K2tOMkR0ZkVJK2tDZz09>

or join on zoom by entering:

Meeting ID: 852 1243 4077

Passcode: 175441



**No registration required. Simply log on zoom.  
This event is open to youth and their  
caregivers. Join the conversation!**