


You Are Invited: Seeding Hope Workshop

Part of the Caring Communities Program at Heart Place

Facilitated by Sydel, this workshop invites us to explore how hope moves us forward so we can engage with the *three circles of care*:
Care for self • Care for each other • Care for land & things bigger than ourselves

 **Details:** Sunday November 9th, 10am to 1pm. See below for Booking

Workshop Focus

Together we will explore the relationship of hope to:

- Connection & community
- Compassion, caring & resilience
- Meaning, purpose & values
- Mindfulness & wellbeing
- Social change & collective healing
- Grief, loss & renewal


Why Hope?

Hope is a light that can dim through overwhelm, burnout, grief, or depression. At such times, community can hold the threads of hope for us until we regain meaning and purpose.

We all have an inner light that fades and rekindles. For ourselves, our children, and for the earth, we must keep this flame alive collectively and be there for one another.

Workshop Structure

- **Opening Presentation** – context, research, and resources on hope
- **Circle-Based Exploration** – discussion, processes, and practices to activate hope and hold space for ourselves and each other
- **Break** – tea & snacks provided

 **Honouring Voices:** reflections on the work of *Joanna Macy*, *Jane Goodall*, and the emerging “Hope-Based Communications” of *Thomas Coombes*

Your Facilitator: Sydel Weinstein

I draw on my own life experiences of loss, parenting, and caring for loved ones — as well as the self-doubt that can come with being a vision-holder. I also bring decades of professional work as a:

- Sociologist & mental health educator
- Mindfulness & trauma-informed body therapist
- Advocate working alongside refugees
- Co-director of the Family Nurturing Centre (home of yoga)
- Director of Heart Place & Mental Health Station

Practical Details

- **Format:** Circle-based, with a variety of seating options (floor, chair, ball)
- **Venue:** Heart Place (stair access)
- **Duration:** 3 hours (with mid-session break)
- **Refreshments:** Tea & snacks provided
- **Fee:** Contribution requested to cover organisational overheads. If cost is a barrier, please email sydel@heartplace.org.au – we want you to attend

Why Join?

This workshop is an opportunity to:

- Explore hope as a practice and resource
- Strengthen community bonds
- Share stories and resilience strategies
- Honour both personal and collective journeys

 Please join us. Together, we can seed and nurture hope.

Booking: <https://heartplace.org.au/shop/ols/categories/seeding-hope>

Scan for
booking

