HOW TO START THE NEW YEAR STRONG WITH CPA

- Join the Outreach & Advocacy Committee, an **action-oriented group** focused on building robust state-based teams for political engagement with lawmakers in targeted states. We have meetings every other week.
- **Lead one member event**, such as a journal club, book club, topical discussion, or any other event that builds knowledge and/or creates community!
- **Help develop regular members events** by working with our Membership Coordinator and create a working team.
- **Curate a quarterly list of new literature** on climate and mental health. Modeled after Up-To-Date (https://en.wikipedia.org/wiki/UpToDate) and help the CPA community keep updated. This list could be build into a quarterly journal club member event.
- **Assist with writing and production of our Monthly Newsletter** by teaming up with lead authors and helping to bring our views to our community.
- **Join the social media group** to help create content and promote events on climate and (mental) health.
- **Lead a Climate Café** – a group support gathering, either in-person or remote, for CPA members as a place to pause, reflect on the emotional experiences of facing the climate crisis and build connections during these difficult times. Our sister organization, Climate Psychology Alliance-North America provides periodic training sessions on how to facilitate and host a Climate Café.
- Are you interested in connecting and working with colleagues in your area? **Join or lead a Regional or State Hub!** Benefits include:
    - Enabling direct, in-person networking with other concerned mental health professionals
    - Providing greater access to regional public-speaking and educational opportunities
    - Enhancing understanding of local/regional climate vulnerabilities and challenges.
- **Contribute to fundraising and grant writing** – we can always use help with strategic planning and implementation of fundraising tasks.