

# What to do if you registered but were unable to join?

**Sorry that you were unable to come to our workshop. We missed you.**

Nonviolent Direct Action is one of the foundation blocks for your pathway within Extinction Rebellion and our workshops are very interactive, enjoyable and include regular breaks. We hope that you will choose another date and that we will see you soon.

We always strive to be accessible and inclusive and if there are specific reasons why you felt that attending our workshop would have been difficult for you, please contact us at

**[PfA@extinctionrebellion.uk](mailto:PfA@extinctionrebellion.uk)**

Here are some options for you to consider:

## If you are new to XR

First of all, you can **re-book** for a future workshop. We run online sessions twice a month on a Sunday or Thursday evening.

You can attend one of our **Intro to XR** talks.

You can learn in your own time on the **Rebellion Academy**.

Here's how to **Get Involved** straight away or you might prefer to **Learn More** first.

If you want to know what's going on in your region or find your local group, check out the **Local Groups map** and the **Events Map and Calendar**.

You can sign up for news by scrolling to the bottom of any of the and the **XRUK website** pages.

## If you are going to an XR action

It is really important that you are prepared before taking part in an action by attending a Prepare for Action workshop. If you do find yourself at an action before you have managed to do the training, check for a Street Speaker who will be giving an abridged version. Also look out for people giving out Bustcards which have the basic information and 5 Key Messages on them.

If you want to ask us questions or if we can make it easier for you to access a future event please contact us using the email address above.

We hope to see you at one of our future sessions.

Love and Rage

PfA Trainers crew

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