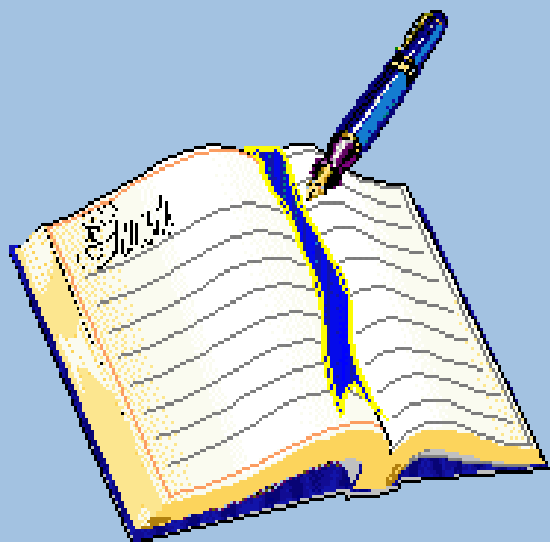


JOURNALING FOR JOY



Journaling for Joy is a workshop designed to use creativity, joy, and happiness for positive outcomes with a focus on veterans, first responders and others who have experienced life trauma.

The six-week workshop will include information about journaling as practice, PTSD, and will utilize articles related to happiness and well-being, as well as other relevant material to reinforce positive experience.

Participation and a positive attitude are the keys for success in this workshop designed to offer tools for ongoing practice and a lifetime of recorded memories.

The materials for this course will be provided.

Starting on Tuesday, 01/22/2019

Time: 7-8:30pm

**Christ the King
Mount Vernon Campus
2111 Riverside Drive**

Contact: Nan Darbous Marthaller

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Email: naneo2010@gmail.com

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