



# STARTS FEBRUARY 4, 2019 CREATIVE JOURNALING WORKSHOP

## No Experience Necessary – 16 and over

Learn how to let go of your inner critic and engage in creative play by making your own creative journal. Explore basic collage techniques, and how to use every day household items and dollar store supplies for creative expression. Develop strategies to dump your negative emotions into your journal and then transform them into something positive on the page. Basic supplies to make your journal and work in it will be included in the cost of registration.

PLEASE NOTE: You must attend the 1<sup>st</sup> workshop to continue with the sessions. There will be no refunds issued for this workshop.

**Monday's  
1:00pm to 3:00pm**

**February 4, 2019  
February 11, 2019  
February 25, 2019  
March 4, 2019**

**To Register  
email  
[training@aulneau.com](mailto:training@aulneau.com)  
or call  
204-987-7090**

**\$50.00 for all 4  
sessions**



**AULNEAU RENEWAL  
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