



Parenting Workshop

Creative Journaling: Self-Care for parents & caregivers

Tuesday, May 14, 2024 | 10 am - 11:30 am

Discover the power of Creative Journaling for mental health! This workshop offers practical techniques to reduce stress, recharge, and gain perspective as a parent or kinship caregiver.

In this workshop we will:

- Discover the value of self-connection through journaling
- Learn about the scientific benefits for mental, physical, emotional, and spiritual health
- Explore Engage in writing prompts and guided journaling
- Expand creativity and learn how to apply creative self-care
- Receive a sample chapter from the book, 'Just the Two of Us: A soft place for tender hearts to land'

Online Workshop



Workshop Presenter:

Nicolle Nattress, CAC II Counselor, busy mom, parent of a child with complex needs, and top 50 expert in Journaling according to IAJW Journal Council. Author of 'Just the Two of Us' and contributor to four new books on the impact of Journaling."

Scan or Click to Register

FREE



Registration required to participate in this workshop!

Register now -
Workshop May 14 - 2024

www.bit.ly/springworkshopsps

GOT QUESTIONS?

REACH US AT:

1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca
parentsupportbc.ca