

Creative Journaling Workshop



WHERE: Helen F. Graham Cancer Center & Research Institute, East Building,
First Floor, Conference Room 1107.

WHEN: 2nd Friday of each month at 2:00 p.m. – 3:30 p.m.

- Creative journaling is a way to record your experiences using a variety of creative outlets to promote healing.
- Helps to use alternative ways to respond to thoughts, dreams, fears and feelings.
- Art and Writing supplies will be provided.

For information, please call **(302) 623-4580**.

This activity was developed by Wendy Wallace for the Helen F. Graham Cancer Center & Research Institute.

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