SELF-DISCOVERY JOURNALING

What is self-discovery journaling?

Join us on Monday, December 14th at 3:30 p.m. as we discuss the benefits of self-discovery journaling. Journaling is a great way to de-stress, reflect and get to know yourself better.

RSVP by December 14th to get virtual access and your own journal.

RSVP

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You must RSVP to get access.

Please note that every COVID-19 safety precaution will be taken when picking up your materials. Please wear your mask and respect the six-foot social distant rule.