



ART THERAPY:

Visual Journaling Workshop

April 11th, 2017 from 7:00pm to 8:30pm

\$25 Pre-Registration (members \$20)/ \$30 Walk-in

Register: 248.229.4016

THIS IS AN INTERACTIVE WORKSHOP:

A visual journal is a place to express yourself, process your feelings, and explore your inner world. Learn the basics of art journaling and embrace your creativity in a non-judgmental, supportive environment.

Bring a blank journal of any size (heavyweight paper is best for a variety of techniques)



This workshop will provide what you need to begin a process of self-discovery and self-expression, including demonstrations and opportunities to try different art supplies and techniques, as well as prompts and ideas to get you started.

Visual journaling is for everyone: no experience necessary!

Verdurous Me Wellness // verdurousme.com // 49881 Grand River, Wixom