

JOURNALING WORKSHOP

TAKE A BREAK, GRAB A JOURNAL (PROVIDED!)

Explore the power of writing for self-reflection and stress relief. Led by a therapist, this interactive workshop will guide you through journaling techniques like

- Self-compassion writing
- Thought reframing
- Values exploration.

No writing experience needed—just bring yourself!



Registration Required.

Limited number of supplies

"OWNING YOUR STORY IS THE BRAVEST THING YOU'LL EVER DO."

-DR. BRENE BROWN



TUESDAY, SEPTEMBER 22, 2026

TIME: 2:00 PM – 3:00 PM

LOCATION: B100

Please arrive on time.

No late entry will be permitted to avoid disrupting the workshop.