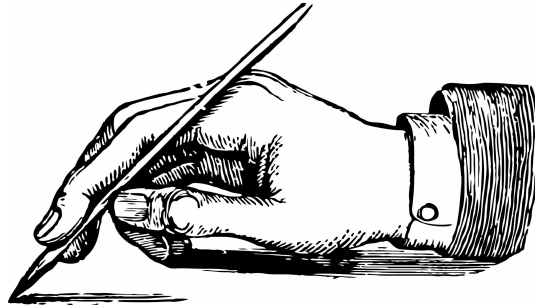


WRITE NOW: EXPRESSIVE ARTS JOURNALING WORKSHOP



WHO: Students in grades 9-12

WHAT: In Write Now, you'll learn techniques for journaling with words, images, or both. Move beyond writing prompts and stream-of-consciousness musings and discover ways to engage the left and right sides of the brain, dialogue with images, draw word mandalas, create text bouquets and more.

WHERE: Crossbridge Wellness
2000 S. Winton Road, Building 4, Suite 200
Rochester, NY

WHEN: 5 Thursdays (5/27, 6/3, 6/10, 6/17, 6/24) from 6-7PM

WHY: There is a lot to process. From a global pandemic to action around social justice to catastrophic climate events, the world is unsettled and that is unsettling. Making time and space to recognize, understand, and express your emotions and opinions in the context of your own identity is an important part of promoting courage and hope.

COST: \$125 for all 5 sessions (Payable in advance or on 5/27)

HOST: Tracy Nemecek, MA, LMHC

REGISTRATION: email tnemecek@intentionalliving-counseling.com or call 585/444-8005

*No artistic or journaling experience necessary

**Commitment is for all 5 sessions

***Covid-safe protocols apply (distancing, masking, air filtering)