



AWISH PRESENTS
led by **HELENE BRUNET**

**WELLNESS THROUGH JOURNALING
GROUP WORKSHOP**

**Learn how to journal to
deal with arthritis & chronic pain**

TUESDAY

September 3 2024

6:30pm – 8:30pm

Sarto-Desnoyers Community Centre

1335 Lakeshore, Dorval, QC H9S 2E5

FREE for AWISH Members

\$20 for non-members

Become an AWISH member for \$25 a year!

Study after study confirms that journaling can be a powerful ally in dealing with chronic pain.

You've heard how helpful and therapeutic it can be... but how do you do it? What is there to learn?

You don't have to be a writer or enjoy writing in order to reap its many benefits.

This workshop will introduce you to some of the techniques which allow you to explore your thoughts, feelings, hopes and dreams.

It will teach you how to get started and what you can expect from this wholesome practice.



www.awishmontreal.org | 514-631-3288 | arthritis@awishmontreal.org



Helene Brunet
owner of
Ink Well Journaling

**Contact AWISH to register
and reserve your spot.**