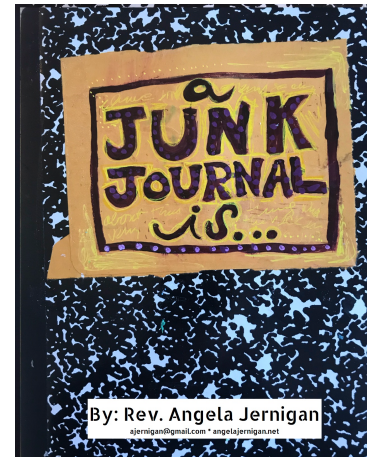


Junk Journaling for Peace

Saturday, September 19, 3:30-5:00pm EST

Junk Journaling is a fun, relaxing and healing activity that helps individuals and groups connect with our inner landscape, metabolize and integrate feelings and experiences, dream and envision new possibilities, and even in very difficult times, move toward a greater sense of hope and peace. Junk Journaling in community with others helps us to connect authentically and compassionately with people across ages and other lines of difference.



This workshop is designed to introduce participants from diverse backgrounds to this delightful practice in a gentle, fun way that feels like a creative meditation. Together we will put onto the page anything that we need to get out of our heads, and anything in our lives and communities that interrupts our peace. Then, following creative prompts, we will find new ways to visually hold and relate to the very things that challenge our sense of peace the most. Over the course of the workshop, participants will begin to find new energy, movement, insight... and peace. Participants will be invited to share their work if it feels good to do so.

Anyone who signs up for the workshop will get a copy of my ebook, “Junk Journaling is...” and will be invited to join my online community called Junk Journaling for Resilience.

Inside every human being is an artist who know exactly what we each need to see to be healed, uplifted, and inspired. Junk Journaling is an easy way to connect to that inner artist and begin to make what it is we each need to see. When we make such medicinal art with others, we begin to move toward becoming the world we crave to be.

Please join me for the magic of creative medicine in compassionate community!

Register Here: <https://www.eventbrite.com/e/junk-journaling-for-peace-tickets-115411570113> and go to this link at the program date and time: <https://www.facebook.com/familyspiritcenter/>



About the workshop

leader: Rev. Angela Jernigan is a family minister, an artist, and a parent educator serving a community-based ministry that nurtures healing and empowering relationships and practices in the lives of children, youth, and parents.