

# Women's Journaling Retreat

November 11 – 13 | South Haven Center for the Arts



**Do you journal?**

**Have you always intended to journal and can never get around to it?**

**Have you purchased beautiful journals that sit empty?**

This weekend workshop, taught by Karol Weigelt, MS, LPC, is based on the work of Kathleen Adams and the Center for Journal Therapy. Karol is a certified instructor and has studied with Kathleen Adams. Ms. Adams has written 10 books about journaling, including her latest, *Your Brain on Ink*. This workshop is based on her first book, *Journal to the Self*. ([journaltherapy.com](http://journaltherapy.com))

One of the many features of this workshop is a '**journal tool kit**', ways to use the journal to accomplish different results. You will learn what works best if you want to work on a relationship, tap into your creative voice, do legacy writing for family and friends, organize your time, or brainstorm solutions to problems.

The **journal retreat will begin** on Friday, November 11, 7-9 pm, a full day on Saturday and will end Sunday, November 13 at 1 pm. It will be held at the South Haven Center for the Arts, a beautiful Carnegie Library built in 1906.



**COST:** \$150.00 (covers workshop and materials). Members of SHCA and The Scott Club receive a 10% discount. Register before 11/4 with a friend and receive a \$10 discount for both registrations.

**REGISTER:** contact, [karolweigelt@gmail.com](mailto:karolweigelt@gmail.com) (payment via PayPal, Chase QuikPay or check)

**LOCATION:** South Haven Center for the Arts (600 Phoenix St, South Haven, MI)

CEU's are available for LPC, NCC, LCPC, LMHC.

It is also possible that LCSW and LSW may use the workshop if their regulatory agency allow reciprocity with the NBCC.