



# Journaling for Well-being

## FOR FAMILY CAREGIVERS

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This workshop is targeted to family caregivers who may benefit from the therapeutic aspects of journal writing. The workshop will teach various writing techniques that may help participants to reduce stress, learn to express your feelings and emotions on paper; find new ways to solve problems; discover your own creativity and wisdom from your life story; and promote well-being through the writing process. Participants do not have to be writers to attend this six week workshop. You only need to provide paper and pen and a willingness to write what's on your mind or in your heart.

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**When: Tuesdays for six weeks starting September 15, 2020**

**How: Virtual (Zoom) meetings and outside in-person meetings (if possible). A computer, tablet or smart phone and internet is required. If you do not have access to these items, call COA for more information.**

**Time: 10:00 am to 11:30 am**

**No Cost to attend.**

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**Pre-registration is required.**

**To register contact:**

**Rock County Council on Aging at 608-751-8689**

