

Journal to the Self Workshop

Learning different ways to write in your journal adds color, perspective and dimension to your reflective writing. With the help of these journal tools, you can gently but powerfully explore the various aspects of yourself, your life and your relationships with others.

What you will learn:

- Safely release tension, frustration, anger and other strong emotions
- Access your subconscious and unconscious minds
- Keep a record for the future of how your life unfolds
- Track cycles, patterns and trends in your life
- Unlock the mysteries of your dreams
- Experiment with creative writing
- Clarify goals
- Increase time management and organizational skills
- Write spontaneously and with joy
- Regard your journal as a trusted, valued friend



Edna Kovacs, Ph.D.

Edna Kovacs received her B.A. in Anthropology from Northwestern University. As the recipient of the Bliss Carmen Poetry Award she was awarded a scholarship to attend the Banff Arts Centre. She holds a Masters in Education from the University of Illinois at Chicago

and a Ph.D. in Expressive Arts from the Union Institute and University. She has been a certified journal instructor since 2000. Edna is a member of the National Association For Poetry Therapy and the Society for Arts in Healthcare and currently teaches in the English Language and Culture Program at Linfield College in McMinnville, Oregon.

Individual workshops are being offered on the following days:

Monday, February 13

Monday, March 12

Monday, April 9

Monday, May 14

10:00 am - 12:00 noon

Compass Oncology West
9555 SW Barnes Rd., Ste. 150
Portland, OR 97225



TO REGISTER:

This event is **FREE** and open to the public. Space is limited and registration is required. Light refreshments will be served. Please call to reserve your space.

503.297.7403