

AUG  
**21**



**SO MANY JOURNALS! 10 AM**

## Galliot Studios

**Come learn about journals... all kinds... and what to do with them.**

Get a taste of Words and Waves - a journal writing retreat and training on the use of therapeutic writing - gathering folks in Woody Point August 22-24.

Dima Dupéré, who has been keeping journals for about 40 yrs, will offer a free workshop on all things 'journal' at Galliot Studios at 10 am on Wed, Aug. 21. Come learn over coffee, explore new ideas, and get your creativity flowing. Examples will be shown. Try to stump her with your questions. Then, continue the exploration at the Creation Space held at the Heritage Theatre from Thursday to Saturday.

**FREE event.**

For more info about Words and Waves, visit: [www.dimadupere.com/words-and-waves](http://www.dimadupere.com/words-and-waves)