



March 20, 2019

Words and Waves will be held August 22-24, 2019 in Woody Point, NL. It is a one of a kind event combining a journal writing retreat and some training on the use of therapeutic writing. The first day is the retreat and open to anyone interested in a day of reflection or in starting or deepening a journaling practice.

The training is open to helping professionals (social workers, counsellors, nurses, caregivers, youth workers) who want to use therapeutic writing with their clients — but anyone interested in starting a community journal writing group or who has a strong desire to learn more about this is welcome. The focus will be mainly on journal writing but will include elements of self-care and wellness strategies and burnout prevention.

There will also be a creative space where people can create and experiment with different types of journal experiences as well as some free community events (short workshops and an open-mike night).

In order to keep this event affordable for participants, we are seeking sponsorships, donations and collaborations from organizations or businesses in the community. We are seeking but are not limited to : notebooks, pens, markers, discounts to local events, partial sponsorship for registrations or travel (students or those who can't afford the full price).

We will also be drawing a gift basket at the end of the event. The basket will be self-care and journal writing themed. We welcome any type of items : candles, essential oils, local souvenirs, books, notebooks, t-shirts, etc.

Any contribution will be greatly appreciated, and noted on the website and on site during the event.

Please contact me for further information [info@dimadupere.com](mailto:info@dimadupere.com) and we can make arrangements members of the local committee for pick up.

We thank you for your generosity and hope you will drop by the event.

*Dima Dupéré, MSW, RSW*

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Host and Organizer