




August 22-24, 2019



Words and Waves 2019
LEARN, WRITE, AND BE WHERE THE EARTH MEETS THE SEA.

Woody Point Heritage Theatre, Woody Point, NL

Journal Writing Retreat - Aug. 22, 2019

Open to anyone interested in starting or deepening a journaling practice. It will incorporate guided journal writing, quiet reflection, yoga, and sharing. The focus will be on self-care and self-reflection.

There will also be events open to the whole community: short workshops, an open mike night and a presentation on storytelling and healing.



Dima Dupéré, MSW, RSW, Social Worker, Psychotherapist and Consultant from Ottawa, offers you an unforgettable event held in one of the most beautiful places on earth.



Register for **WAW2019** via eventbee.com.

Retreat: \$150 + tax

Training \$475 + tax

see ticket page for details.

Training on the use of therapeutic writing

Three days of professional development for helping professionals and community leaders interested in therapeutic writing. Includes a journal writing retreat, instructional workshops, networking, yoga, mindfulness and social events - all in beautiful Gros Morne National Park.

details: www.dimadupere.com/words-and-waves

info@dimadupere.com

613-899-2734