

## 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 has taught students of all ages through the National Endowment for the Arts' Artists-in-Education Programs and continues to offer participatory writing workshops through community and regional grants.

Individual workshops are being offered on the following days:

**Monday, April 10**

**Monday, May 8**

**Monday, June 12**

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. Please call to reserve your space.

**503.297.7403**