

# Community Connections

Virtual gathering, conversation & support



Relax and de-stress with

# CREATIVE JOURNALING



**LIVE!** Thursday, May 21  
1pm - 2pm

Join us for a live workshop on Creative Journaling!

Creative Journaling Expressive Arts is an art therapy that can help you explore emotions in a safe way. It is also a technique for relaxation and stress reduction.

Join us at <https://webinar.ringcentral.com/w/1485924522>



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