

# Journaling for Two ~ Communicate Better

*No solo journalers here...*

*...bring your significant other, family  
member or friend*



## Learn:

- How to use journaling for more effective communication -it is a bridge leading to more effective verbal communication between the 2 of you
- Eight methods of journaling, including five hands-on exercises
- Also learn how journaling helps you to:
  - Reduce stress
  - Be more creative
  - Heal from loss & setbacks
  - Increase your problem-solving ability



Date: Thursday, November 21, 2013  
Time: 6:00pm - 8:00pm  
Place: San Tan Learning  
Cost: \$40 per pair (includes dinner)

## Questions? Contact:

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