

SELF- DISCOVERY JOURNALING



What is self-discovery journaling?

Have you been keeping up with your self-discovery journal? Are you interested in getting one started?

Join us on:

Wednesday, March 10th - 3:30 - 4:30 p.m. &
Wednesday, March 24th - 3:30 - 4:30 p.m.

Don't have a journal? Let us know when you RSVP and we will get you one.

RSVP to Jennifer for virtual access.

Youths ages 12-17 RSVP:

Jennifer Stebbins

716.532.5583 ext. 5433

jstebbins@senecahealth.org

You must RSVP to get access.

Please note that every COVID-19 safety precaution will be taken when picking up your materials. Please wear your mask and respect the six-foot social distant rule.