



Mindful Journaling helps clients...

- Be present
- Give words to their experience
- Interrupt negative thoughts
- Regulate emotions

Inhabiting moments is a key practice of mental health. To notice what we notice and give words to our awareness can be learned.

Nancy Hill, LCSW has 40 years of experience in the



field of mental health. Her practice has included both inpatient and out patients work. "I bring tools from many areas of my life, teacher, guide to women's growth, author, therapist & retreat facilitator."

No prior journaling experience is required for this experiential program.

www.Daremore.com

Date: Friday, 11/17/17

Arrive: 8:30

Course: 9:00 -12:00

3 CEU's for LSW, LCSW, LPC, LCPC & LMFT

Cost: Free of Charge

Location: Presence Behavioral Health, 2001 Butterfield Road DG, IL 60515

Co-Sponsors: IMHCA and Presence Behavioral Health

RSVP: Terry Cendejas
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Limited seating available