



BE WELL: CREATING A JUNK JOURNAL

PEDAGOGICAL FOCUS: BELONGING, ENGAGEMENT, EXPRESSION, WELL-BEING



Facilitated By:
Jodi Roul

This month, we will be gathering in person to make junk journals! A junk journal is described as a book that is made with found and recycled materials to be used as a way to collect and record memories, thoughts, ideas, and inspirations. We will be creating our own personalized junk journals from up-cycled envelopes, papers, and fabric. This beautiful handmade book can then be used as an everyday journal, a planner, a memory book, or as an art journal in both your professional and personal life.

"I started creating junk journals in 2020 after seeing a creator on YouTube make one. This one video led to many others and started her journey into the creative world of junk journals. Creating journals helps me to relax and shut out the outside world for a little while. I'd love to share how I create them with anyone looking for a creative outlet in today's busy world" - Jodi Roul

WHEN?

Thursday, March 28, 2024

6:30 - 8:00PM

WHERE?

Strive

265 Maitland Street,
London, ON,

COST?

FREE



REGISTER NOW!

