

YRC'S GIRLS CLUB  
PRESENTS

# Art of Journaling Workshop

Join NCCE Youth Resource Center's Mindfulness Session to connect with your inner self and explore the Art of Journaling. Engage in a supportive, welcoming space to discuss gratitude journaling, positive affirmations, emotional resilience, and nurturing your inner well-being.



November 18, 2024  
3:00pm - 4:30 pm



NCCE Inc.  
Main Office  
660 Ouellette Avenue

For more details and to register visit: [www.ncceinc.org](http://www.ncceinc.org) | 519-258-4076

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