



NUTLEY FAMILY SERVICE BUREAU

# Mindful Journaling Workshop

*Part III: NFSB Mental Well-being Workshops*



Using several guided techniques and writing prompts, we will put pen to paper as we pause in the present moment, to explore inner awareness and gratitude.

This workshop is Led by Melody Lima, certified yoga instructor. No yoga experience is necessary. Come as you are.

**When:** Tuesday, November 12th, 7pm to 8pm

**Where:** NFSB Annex, 169 Chestnut Street, Nutley, NJ 07110

**Cost:** FREE

**Registration:** Walk-ins welcome or call to register 973-667-1884.

**Please bring a yoga mat or blanket to recline comfortably.**

**Paper & pens will be supplied.**