

DOROTHY LEY HOSPICE
PRESENTS

NURTURING MONDAYS



Journaling, An Experiential Journey

Facilitated by:

Cher Curshen

Integrative Wellness Programs Coordinator
and

Natalie Dzudovich

Intake / Volunteer Coordinator

'A (wo)man would do well to carry a pencil in his pocket and write down the thoughts of the moment. Those that come unsought are commonly the most valuable and should be secured because they seldom return.' Sir Francis Bacon

Journal writing can be cathartic and enlightening. In this workshop you will experience journaling and discover techniques.

The benefit of a journal is that it keeps your record, perhaps for future use, of a perfect and spontaneous expression of truth, of insights into human nature, of memories, of snatches of creativity. It is also the record of your interior life, validating your creative growth.



Monday

February 9

1:30 — 3:30 pm

OR

6:00 — 8:00 pm

Mississauga Room

Upstairs from Hospice office
at Trillium Health Centre -
West Toronto site

Nurturing Mondays provide regular opportunities **for all volunteers** to share experiences, learn new skills and receive emotional and professional support from their Hospice peers in a nurturing environment.

To register

or to obtain more information on this session or other Nurturing Monday opportunities, please contact the Hospice at:

(416) 626-0116