

From Head to Heart: The Power of Journaling in Recovery

When: Fri., June 26th 6:30 - 9:00 pm

Where: Zoom (online)

REGISTER



Enhance Your Recovery

- Set realistic writing goals
- Receive a list of highly-effective writing prompts
- Move from your head to your heart
- Reconnect with your body
- Help your Higher Power help you!

Join Julie Mariouw from [Wellspring Writing Workshops](#) for a writing in recovery workshop, hosted by the Ann Arbor Women's Group, and enhance your recovery experience.

The zoom link will be emailed to you once you register.

