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DORLAND

MOUNTAIN ARTS COLONY



Dorland sponsors various events throughout the year intended to benefit the community and to showcase and foster the creative spirit of local and regional artists.

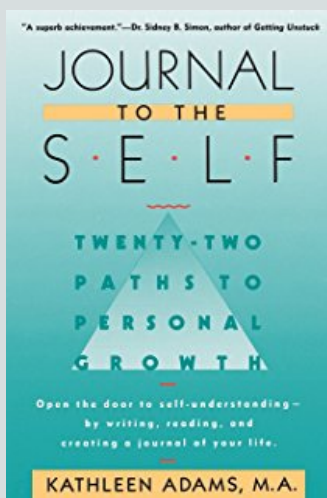
Dorland Mountain Arts Colony Presents:

"Journal to the Self"

Continued!

Presented by Renee Cassese

A certified Instructor of Journal to the Self Workshops through the Center for Journal Therapy.



Treat yourself to a little self-care in the New Year!

Date: Wednesdays

February 21 & 28 and March 7 & 14

This two hour workshop will introduce participants to the benefits of personal journaling and present several techniques to help journalers get their thoughts out on paper.

Some of these techniques include stream of consciousness writing, anaphora, thought maps, lists, letters and more. Participants will have a chance to write and do optional sharing during class.

For those interested there may be a series of four workshops as a follow up that will go into more depth on specific techniques and give participants more time to write on their own.

The course follows the book "Journal to the Self."

Take one class...or better yet, take all four.

Time: 10-12pm

Location: Dorland's [Community Arts Studio](#)

- Recognize and express your thoughts and feelings.
 - Learn to have confidence in your voice
- Experience a variety of techniques to use for personal journaling
- Bring a notebook, pen, and an open mind!



Sign up Now!

To register please email Renee at workshops@dorlandartscolony.org

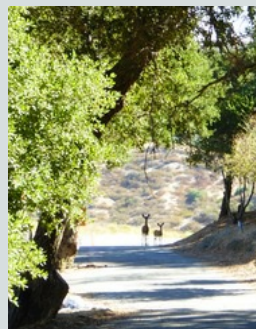
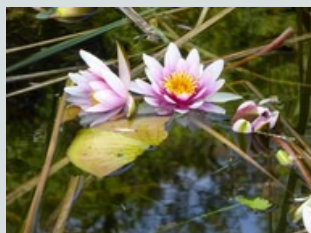
Fees

4 Sessions: \$110 or \$90 for Dorland Associate Artist Members

Individual Session: \$30 or \$25 for Dorland Associate Artist Members

Pay on our [website here](#) or bring a check to class made out to Dorland.

If you wish, bring your own lunch & stay after class to write more or speak with the instructor.



To become a Dorland Associate Artist or for

Participants are encouraged to read the book before taking the workshop but are not required to do so. Those who go on to take further workshops will be able to purchase the book and its workbook at the first session.

---Renee Cassese



Associate Artists

The [Dorland Associate Artists](#) is a group of visual artists, writers, musicians, and supporters of the arts who meet to discuss, plan and implement activities that support Dorland, the regional arts community and each other.



Residencies

Dorland offers residencies from 1-12 weeks to emerging and established artists, writers, musicians and

information about the program [click here](#).

If you would like to receive information about our next workshop please [click here](#).

Proceeds from the workshop benefit the fund to rebuild Dorland Mountain Arts Colony, a 501 (c) 3 nonprofit organization.

composers. See our [website](#) for more information.

Mailing address: P.O. Box 6, Temecula, CA 92593 ~ Physical Address: 36701 Highway 79 South, Temecula, CA 92592
Tel: (951) 302-3837 ~ www.dorlandartscolony.org ~ info@dorlandartscolony.org
A California 501(c)(3) nonprofit organization

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