Journal to the Self®

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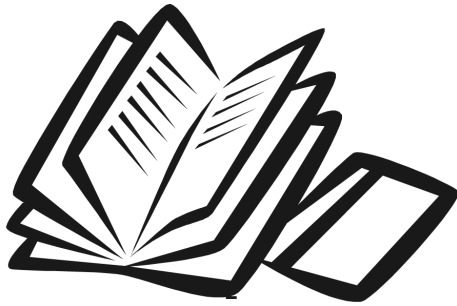
Find your voice.
Enhance your creativity
Envision your possibilities.
Navigate your difficult times.
Befriend your deepest self.
Create your future.

When: Friday, July 13, 7:30 - 9 p.m. (free introductory session)
Saturday, July 14, 9 a.m. - 5 p.m./ Sunday, July 15, 9 a.m. - 1 p.m.

Where: The Hermitage, 3650 East 46th St., Indianapolis, IN 46205

Cost: $149 per individual or $125 per person for two friends who register together (Journal to the Self® workbook included; bring your own journal if you like).
Payable by check or credit card to: The Hermitage.

Information: 812-629-6029 or barbara@barbarastahura.com

Registration: Contact The Hermitage at (317) 545-0742

The Hermitage
c/o LuLu
3650 East 46th Street
Indianapolis, IN 46205
317-545-0742 or 317-250-6888
Email: LuLugk@att.net

Investment

Name: _____ Phone: _____ $149 Per Individual

Address: _____ $125 Per Person for Two Friends Who

City: _____ State: _____ Zip Code: _____ Register Together.

Amount Paid: $ _____ Amount Due: $_____

Check #: _____ Amount Due: $_____

MC/Visa #: _____ Exp. Date: _____

The Hermitage
3650 East 46th Street
Indianapolis, IN 46205
(317) 545-0742

POSTMASTER: PLEASE EXPEDITE
DATED MATERIAL

Journal to the Self®

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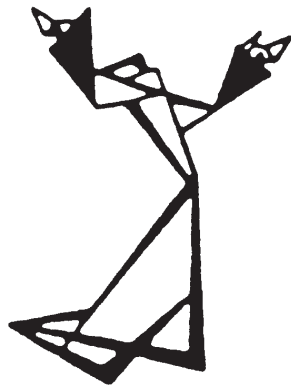
Join us and *learn* easy, yet powerful techniques for healing,
self-empowerment, and self-directed change.

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Sunday, July 15, 9 a.m. - 1 p.m.

Barbara Stahura, CJF, knows that journaling holds the power to change lives, one sentence, one page at a time. Through her work as a Certified Journal Facilitator, she guides diverse audiences in learning how to harness that power for themselves. Her book, *After Brain Injury: Telling Your Story*, grew from her long-running journaling group in Tucson, Arizona. She has also facilitated journaling events for the National Guard, family caregivers, writers, equine-facilitated experiential learning groups, and others. She is a certified instructor of Journal to the Self®. http://www.barbarastahura.com.