

Creative Journaling Workshop

Engage your creativity in our Journaling Workshop

In this four-week workshop offered by the Hampton Public Library, we will try a variety of journaling exercises designed to help you explore your inner world with curiosity and playfulness. We will be meeting in Study Room C on the second floor of the Main Library.

- **Sept 8, 2022 3:00-4 p.m.** - Introduction/Brain Dumping
- **Sept 15, 2022 3:00-4 p.m.** - No Rules/Doodling is Good
- **Sept 22, 2022 - 3:00-4 p.m.** - Writing Prompts
- **Sept 29, 2022 -3:00-4 p.m.** - Writing Prompts/Freestyle

*a free journal will be provided
to the first 7 participants courtesy of the Friends of the Library*