



Ooodles of Doodles: Art Journaling 101



Have a blast, and bring out your inner child in this stress-reducing Art Journaling workshop.

No art experience needed!

Help your employees unwind, de-stress, and start a healthy way to decompress after a busy day!

This workshop incorporates the basics of creating an art journal and the scientific reasons why it is a proven way to relax and explore and express feelings through doodling, sketching, coloring, painting, using mixed media and more.

"Creativity takes courage." Henri Matisse

By regularly using crayons, colored pencils, markers or paint, and keeping it in an art journal, you just may find an artist within, while you relax and



Lynne Cobb is a writer, workshop facilitator, journalist, artist, and the editor of a local monthly newspaper. She's also a contributing author to the anthologies: *Heartstrings from Heaven (Angel Bumps series)*; *What I Do to Get Through*; and *Feisty after 45 – the Best Blogs of Midlife Women*. Her articles have been published in Detroit's major daily newspapers, as well as in local and national magazines and various websites. Lynne is a member of the Detroit Working Writers and has her Bachelor of Arts—Journalism Studies from UMass—Amherst, MA. Additionally, she has continued her education by attending the course, "Finding Meaning: The Sixth Stage of Grief," facilitated by David Kessler, in an effort to help others process grief and trauma through workshops and journaling.

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