



## 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!

Learn the basics of creating an art journal:  
doodles, mixed media and more.



*"Creativity takes courage." Henri Matisse*

*Bring crayons, colored pencils or markers, fine-tip and ultra fine-tip markers, a journal, sketch pad or notebook and you just may find an artist within you as you relax and discover the fun of Art Journaling.*

\*\*\*\*\*



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.

[www.lynnecobb.com](http://www.lynnecobb.com) ▪ [lynnecobb.com](mailto:lynnecobb.com) ▪ (248) 953-5028