

Sponsored By:



**Saturday, November 6th,
from 9:30-noon**

**Location:
Catholic Charities Building
1408 Ellis St.
Stevens Point**



Journaling Workshop:

CREATIVE SELF-CARE FOR THE ADOPTIVE/FOSTER PARENT

Join Clinical Social Worker, Nancy Schaperkotter for a FREE workshop for adoptive/foster parents. Topics to be explored include: journaling as a gift to others, capturing history, gratitude, setting goals and making plans, letting go and moving forward, as well as the health benefits of journaling.

Questions? Need to RSVP? Contact Friends of Adoption
by November 2nd

715.344.2500 ext. 24, or arozeboom@cclse.org

www.friendsofadooption.org