

Sponsored By:



**Saturday, May 15th, from  
9:30-noon**

**Location:  
Schmeckle Reserve  
Meeting Room  
2419 North Point Dr.,  
Stevens Point**



## **JOURNALING WORKSHOP**

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

Questions? Need to RSVP? Contact Friends of Adoption  
715.344.2500 ext. 24 or [arozeboom@cclse.org](mailto:arozeboom@cclse.org)  
[www.friendsofadoption.org](http://www.friendsofadoption.org)