

With Questions Contact:
Amanda Wenner
Community Wellness Specialist
(716) 573 2538
awenner@bulny.org

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Buffalo Hope COMHPS Presents

JOURNALING 101

4 FREE WORKSHOPS

Recommended for adults wishing to expand their Mental Wellness toolkit.



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FEB 24 at 3:30 p.m. MAKERSPACE	FEB 21 at 3 p.m. COMMUNITY ROOM
MARCH 3 at 3:30 p.m. MAKERSPACE	MARCH 7 at 3 p.m. COMMUNITY ROOM
MARCH 10 at 3:30 p.m. MAKERSPACE	MARCH 21 at 3 p.m. COMMUNITY ROOM



register for the location closest to you.



attend 4 consecutive workshops focusing on different journaling techniques.



build skills and good habits in the new year with a supportive group of peers!

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mental health toolkit.

CRANE BRANCH LIBRARY

FEB 7TH 3 p.m.
COMMUNITY ROOM

FEB 21ST 3 p.m.
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MARCH 7th 3 p.m.
COMMUNITY ROOM

MARCH 21ST 3 p.m.
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FOR MORE
DATES &
LOCATIONS AND
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*For Ages 16+



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MAKERSPACE

FEB 24TH 3:30 p.m.
MAKERSPACE

MARCH 3RD 3:30 p.m.
MAKERSPACE

MARCH 10TH 3:30 p.m.
MAKERSPACE

FOR MORE
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TO REGISTER

*For Ages 14+

