Creative Journaling

Online/ZOOM
$75/Six-weeks

Tuesdays,
9-10:30am PT/10-11:30am MST
begins November 3
OR
Thursdays,
6-7:30 pm PT/7-8:30 pm MST
begins November 5

Stardust and Stuff

"The cosmos is within us.
We are made of star-stuff.
We are a way for the cosmos to know itself."
Carl Sagan

Did you know that every atom in our body was created inside ancient stars? We carry cosmic strength in our very bones. Nevertheless, every day, we navigate the messy, beautiful stuff of real life. Join us for Stardust and Stuff, a six-week journey honouring fortitude, story and creative spark. We will capture both the transcendent, cosmic truth of who we are and the grounded, messy, everyday reality of being human. Once again, poetry will guide our reflections. I hope you'll give yourself permission to carve out a little time just for you and join us.

Spread Kindness like Confetti!

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