

# Inner Restoration *through* Creating & Journaling

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## Series of 6 Workshops

*Presented by Cheryl Weber Good*

... a creative mentor and artist has shaped presentations based on her own healing experience and observations.

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### Inner Critic

*... the voice that is not you.*



### Who Do You Think You Are?

*... identity beliefs.*



### Mirror

*... a revelation of difficult people's gifts.*



### Wish I May, I Wish Might

*... developing dreams.*



### The Story We Find Ourselves In

*... observing words we choose.*



### Attitude of Gratitude

*... traveling to 2 Lands:  
the Land of Scarcity & The Land of Abundance.*

In this 6 week workshop series, you will be encouraged to “play” with *paint, paper and fabric* materials provided.

The emphasis is not a lovely product but a supported experience in the creative process of journaling, painting and/or drawing.

Weekly topics are designed for you to open your creative side, relax, and *gently encourage inner healing.*

Projects are “safe” for those who are new to artists’ materials.