



# Creative Journaling Meet Ups

## Fall Series:

Wednesday, September 24,  
2025

Personalize a Journal & Learn  
about Journaling for Well-  
being

October 29, 2025 - Silent  
Journaling: A Quiet Space for  
Loud Thoughts

## Spring Series:

February 4, 2026

Personalize a Journal &  
Learn about Journaling for  
Well-being

March 4, 2026

Silent Journaling: A Quiet  
Space for Loud Thoughts

Journal writing nurtures your mental wellbeing while expressing yourself. Get your creativity on by crafting your personalized journal. The workshop also provides tips for starting a journaling practice and offers a refresher about how journaling can benefit your mental wellbeing.

No experience is necessary.

Supplies and snacks provided.

MP 101

12:30-1:30

Participation is strongly encouraged but personal disclosure is not required. No experience is necessary. For questions, contact Student Health Services at 562-860-2451, ext. 2321

If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please fill out the accommodations request form <https://www.cerritos.edu/sas/accommodations-request-form.htm> within seven school days in advance.