

# Create a Bullet Journal



**This creative way to journal** has been adopted by millions around the world. It works for time management, goal setting and task management. Not only will you get more done, but you'll get the right things done.

- ◆ Track the past and record your thoughts
- ◆ Order the present. Track to-do lists in a productive way
- ◆ Design the future. Break goals into manageable steps

- ⇒ We will supply **everything** you need to get started
- ⇒ Meet once weekly in a small group for coffee, journaling discussion, advice and support
- ⇒ This program will begin **September 28th** and run in the mornings for four weeks

**To join this group call or email the office for more information or to register.**

**Phone number 519-848-3462 or**

If you need any of the supports listed below, in order to take this program, please let staff know when you register:

- Help paying your internet;
- Help paying your phone tab;
- Help repairing your phone or computer;
- You need to borrow a laptop.