



Southeast Steuben County Library
300 Nasser Civic Center Plaza; Suite 101
Corning, NY 14830
ssclibrary.org

CONTACT: Michelle Wells
Adult Services Director
wellsm@stls.org
(607) 936-3713 ext. 209

CONTACT: Cherie Chigama
Public Relations Director
chigamac@stls.org
(607) 936-3713 ext. 220

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FOR IMMEDIATE RELEASE

GET CREATIVE AT SSC LIBRARY WITH ART JOURNALING

Do you enjoy journaling and art? Then you might enjoy this beginner's art journaling workshop led by art journal maker, Tarren Young. The workshop will be held Saturday Feb. 21 from 1-3 p.m.

Why art journaling? As it turns out, art or visual journaling is therapeutic. It can rev up your creativity, reduce stress and help regulate emotion, according to Psychology Today contributor Cathy Malchiodi, PhD. It also supports meaning making in your life, she notes.

Perhaps a tricky situation you are facing could be viewed differently and with more insight if you look at it through the motion of your hands and various materials applied to paper. Art journaling uses collage, paints, pastels, found objects and almost anything you can draw with or glue down.

If your stress levels and creativity are in good shape, consider art journaling for fun. Get messy with art journaling.

Artistic skills are not required. Beginner journals will be provided at the workshop. Learn techniques and ideas to begin your own visual journal.

Space is limited. Sign up by calling (607) 936-3713 ext. 502.

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Programs made possible by the Friends of the Library
The library is handicapped accessible. If you require special accommodations, please call us in advance: (607) 936-3713.