



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## **FOR IMMEDIATE RELEASE**

Date: July 17, 2023  
Contact: Corrina Desmarais, Librarian  
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Re: Find Your Voice through Journaling and Bullet Journaling Mixer

### **Three journaling workshops for reflection and organization**

As part of the Summer Reading Program, the North Olympic Library System (NOLS) is hosting three workshops focusing on journaling. The practice of journaling can inspire you to explore ideas and experiences, express creativity, and track goals. View event details at [nols.org/journal](https://nols.org/journal).

**Find Your Voice through Journaling** is offered on Thursday, July 20 from 2-3pm on Zoom. Marni Amsellem, a licensed psychologist and founder of Write. Reflect. Grow., will provide an overview of journaling as a reflective practice for self-exploration and self-care. Register to receive the Zoom link.

Library staff will host a **Bullet Journaling Mixer** on Thursday, July 27 from 5:30-7pm at Westend Taproom Tip & Sip in Forks for ages 21 and older, and for all adults on Saturday, August 5 from 2-3:30pm at the Port Angeles Main Library. Learn about the creative process of Bullet Journaling to record task lists and goals while sharing ideas and making friends at these casual events. Participants are encouraged to bring their own journal and writing supplies or use some materials provided.

## **About the Summer Reading Program**

These events are part of the “Find Your Voice” Summer Reading Program, happening now through August 26. Sign up for a Reading Challenge, earn a T-shirt, win prizes, and participate in fun events.

For more information about the Summer Reading Program, visit [www.nols.org/srp](http://www.nols.org/srp), call 360.417.8500, or email [discover@nols.org](mailto:discover@nols.org). The Summer Reading Program is generously supported by Friends of the Library groups at all four NOLS branches.

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