



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

## **FOR IMMEDIATE RELEASE**

Date: July 3, 2024  
Contact: Troi Gale, West End Library Manager  
360.417.8500 x7793; [TGale@nols.org](mailto:TGale@nols.org)  
Re: Free Junk Journaling Workshop for tweens and teens

Tweens and teens are invited to join artist Heather Lietzke of the Heather Sky Project at the Forks Branch Library on Tuesday, July 9, from 10 a.m. to 11 a.m. for a free [Junk Journaling Workshop](#). Lietzke will guide participants through the process of journaling with reclaimed materials and imagination as a pathway for self-expression and reflection. Journaling can be a positive outlet to reduce anxiety and improve mental well-being.

All supplies will be provided. Participants can keep anything they create and will be given a journal for future junk journaling.

### **About the Summer Reading Program**

This event is part of the “Read, Renew, Repeat” Summer Reading Program, happening now through August 24. Sign up for the reading challenge, earn a T-shirt, win prizes, and participate in free events.

For more information about the Summer Reading Program, visit [NOLS.org/SRP](https://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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