



PIM BERLIN
Psychosoziale
Initiative Moabit e.V.

Kontakt- und Beratungsstelle
Waldstraße 7
10551 Moabit

JOURNALING WORKSHOP



**JOURNALING AND
MINDFULNESS -
WORKSHOP FOR
YOUNG ADULTS (18-35)**

Please register through:
kbs@pim-berlin.de
030 39731322

18/03/26
14:30 - 16:30

Journaling describes the practice of writing down your thoughts, feelings and ideas in order to **invite reflection and mindful moments**. Journaling is a useful tool for stress management and emotional regulation.

During the workshop, we will offer journal prompts and small exercises that everyone can implement in their own way through writing or small illustrations.

The workshop is **for free and open to anyone** who wants to try something new or wants to deepen their own journaling practice.
No previous experience needed!

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