

SERIES 3 ARTSHOPS

The Emri Road Studio

Haven Art Journaling for Women
\$25/week
Or \$90/4 weeks

Wednesdays 6:00-7:15 pm

Haven Art Journaling is a weekly creative space designed for women to pause, reflect, and reconnect through guided journaling and simple mixed-media art. Each session offers gentle prompts, optional creative techniques, and a calm, supportive environment where there is no pressure to “make perfect art”—only space to explore thoughts, emotions, and personal story through color, words, and imagery. It is both restorative and creatively engaging, offering a meaningful break from the pace of daily life.

What to Bring

Please bring your own journal to use as your personal creative space. All additional materials will be provided to be used during each session, including prompt cards, extra paper, pens, markers, and a variety of simple mixed-media supplies to explore and enhance your journaling practice. Comfortable clothing is recommended, as some materials may include ink or paint-based media.

Studio Environment & Artwork Guidelines

Haven Art Journaling is intended to be a calm, welcoming creative environment where women can relax, reflect, and express themselves through journaling and simple artistic exploration.

Respectful Creative Space

Journals are personal creative spaces, and participants are encouraged to explore thoughts, ideas, sketches, and reflections in ways that feel meaningful and authentic to them. To help maintain a peaceful and encouraging group environment, artwork and written content created during sessions should avoid explicit content, gossip, degrading language, or material intended to create discomfort for others.

The purpose of this group is relaxation, creativity, and thoughtful reflection within a supportive community setting.

Sharing & Encouragement

At the close of some sessions, participants may be invited to voluntarily share portions of their artwork or creative process as a way to encourage one another and celebrate growth throughout the series. Sharing is always optional.

Prompts and optional sharing opportunities will never ask participants to disclose deeply personal experiences or anything intended to bring harm, embarrassment, or discomfort to themselves or others. Participants are encouraged to respect one another's privacy and contribute to a supportive atmosphere.

Purpose of the Workshop

Haven Art Journaling is a creative wellness workshop led by a professional artist, teacher, and substance use prevention specialist. The purpose of this gathering is to provide a peaceful space for creativity, reflection, and personal encouragement through art journaling practices. This workshop is not group therapy, counseling, or mental health treatment, and the instructor is not acting as a licensed therapist or counselor during sessions.