

DIY Journals

Information about Journals

Making and/or decorating journals is a great project for young and old, and there aren't a lot of stipulations or guidelines.

Our clients use the journals for their own personal reasons:

- *Some of our younger clients use them for drawing.*
- *Some of our teenage clients use them for putting their feelings down on paper.*
- *Some of our adult clients use them to keep track of the good things that happened to them that day.*
- *Some of our married clients use them to let each other know how they are feeling.*

Even some of our staff find them useful. We ask that you stay away from anything religious and/or vulgar or violent. Here is a [Pinterest board](#) to give you some ideas. Our therapists have indicated that smaller journals are better than large ones, as they may look daunting to our clients.

For more information, please contact:

Alex Goudie-Averill
agoudie-averill@thefamilypartnership.org
612.728.2091