

Mental health awareness at Queenstown Library

How To Journal For Wellbeing

Thursday 15 October, 5.30–6.30pm

Looking for a creative way to support your wellbeing?

In this interactive workshop, coach and author **Chenin Madden** from **Cre8ing Balance** will explore how guided prompts and reflective writing exercises can reduce stress, offer clarity and create greater balance in everyday life. Suitable for both beginners and experienced journal writers. **Please bring your favourite journal or notebook.**

CRE8ING
BALANCE

BELONGING
Matters

Mental Health Awareness Week 12–18 OCT | 2026

See staff,
email,
or call us
to book.



For more info please contact:

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