

# JULY ART CAMPS! Offerings

**Note:** Time changes have been made on our daytime events to make room for the Art Camps...

**NO PREVIOUS ART EXPERIENCE NEEDED**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY OR ART BASED CELEBRATION!</b> No art experience needed by your guests!		1 *Women's Morning Expression Session 10-11:45 a.m.	2 *Art Aerobics 6:00-7:30 p.m.  *Open Studio 7:30-9:00 p.m.	3  *Open Studio 5-6:30 p.m.	4  HAPPY 4th of July!	5
6	7 MOSAIC Monday 10:00 a.m.-1:00 p.m. *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	8 *Women's Morning Expression Session 10-11:45 a.m.  *Music Collective - Singers, Songwriters Musicians, Audience 7-9:00 p.m.	9  *Art Aerobics 6:00-7:30 p.m.  *Open Studio 7:30-9:00 p.m.	10 *Open Studio 5-6:30 p.m.  Eric Sjoberg Talk 7-9:00 p.m.	11	12
13 *Art Church 10 a.m.-Noon	14 Time change! *Open Studio 4-6:00 p.m. So You Want to Write a Book? 6:00 p.m. Call for info	15 Time change! *Women's Morning Expression Session 1:00-2:45 p.m.	16 *Art Aerobics 6:00-7:30 p.m.  *Open Studio 7:30-9:00 p.m.	17  *Open Studio 5-6:30 p.m.	18	19 3rd Saturday @ T-32 FREE! 4 - 8:00 p.m. Artists of North Park Reception & Artist Talk
<b>KIDS CAMP ALL WEEK! M-F 9:30 - 12:30 p.m. • Fairies, Mermaids and Monsters • Call for more info!</b>						
20	21 Time change! *Open Studio 4-6:00 p.m. So You Want to Write a Book? 6:00 p.m. Call for info	22 Time change! *Women's Expression Session 1:00-2:45 p.m.  *Music Collective 7-9:00 p.m.	23  *Art Aerobics 6:00-7:30 p.m.  *Open Studio 7:30-9:00 p.m.	24  *Open Studio 5-6:30 p.m.	25 ♥ *Art Happy Hour 7-11:00 p.m.	26
<b>KIDS CAMP ALL WEEK! M-F 9:30 - 12:30 p.m. • To Paris with LOVE • Call for more info!</b>						
27 *Art Church 10 a.m.-Noon	28 Time change! *Open Studio 4-6:00 p.m. So You Want to Write a Book? 6:00 p.m. Call for info	29 Time change! *Women's Expression Session 1:00-2:45 p.m.	30 *Art Aerobics 6:00-7:30 p.m.  *Open Studio 7:30-9:00 p.m.	31  *Open Studio 5-6:30 p.m.	 <b>*Offerings included in the 30-Day Express Pass (Only \$89)</b>	
<b>KIDS CAMP ALL WEEK! M-F 9:30 - 12:30 p.m. • Houses, Castles &amp; Barns • Call for more info!</b>						

## UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

Sign up!

**So You Want to Write a Book? 2 openings.** Mondays, 6:00 - 8:00 p.m., 8 week commitment \$200. An on-going two-hour group to support you in your writing. Work through stuck-ness, celebrate successes & support others. Opportunities to write, read and have fun, too! Sure to be lots of laughter and a little blood, sweat and tears, too! Don't keep putting off that idea for a book, now is the time! Group size is limited, payment holds your spot. RSVP call Tish at (619) 251-8474 or email her at tish@ExpressiveArtsSanDiego.com.

**Eric Sjoberg Talk: Inner Parenting** - Thursday, July 10th, 7:00 - 9:00 p.m., \$10. Were You Programmed for Failure and Unfulfillment as a Baby and now you are clueless about it? What if things that happened (or didn't happen) when you were a baby (that you don't remember) are affecting you today, in ways that you don't know? A thought provoking talk. (Not arts based.) For info contact (610) 807-3042 or eric@ericsjoberg.com

## SUMMER CAMPS FOR KIDS! **NEW!** FUN IN ART!

Sign up TODAY!

**Session 1: July 13th-18th - Fairies, Mermaids and Monsters** Ages 5 and up, Monday - Friday, 9:30 a.m. - 12:30 p.m.

Enter the magical woods this week and create a yarn wrap fairy with a tulle skirt, and a jeweled mermaid or a wild monster. Design other goblin friends and a unicorn as paper dolls and more!

**Session 2: July 21st-25th - To Paris With Love** Ages 5 and up, Monday - Friday, 9:30 a.m. - 12:30 p.m. Ooh-La-la! All things French for this week! We'll draw the Eiffel Tower, study the puffy dresses of Marie Antoinette for a French Pantin, which is an old fashioned jointed paper doll, sketch French poodles and nibble on chocolate croissants.

**Session 3: July 28-August 1 - Houses, Castles and Barns** Ages 5 and up, Monday - Friday, 9:30 a.m. - 12:30 p.m. Kids will design any dwelling they like. Then they'll fill it with people, animals, decorations and any inventions they like made from colored clay and recycled treasures.

\$160 per session Includes supplies and daily snack. To Register e-mail Therese Rossi, MFA at therese.rossi@yahoo.com or call 619-528-9188

**4th Annual Artists of North Park Show: Reception & Artist Talk** Saturday, July 19th, 4-8:00 p.m. Artist Talk begins at 6:00 p.m. Artists who live or work in the 92104 zip code. Performance, music, spoken word, dance, invited, too. Contact 619-251-8474.

**See back for more!**

Expressive Arts @ 32nd & Thorn

3201 Thorn Street, San Diego, 92104

www.ExpressiveArtsSanDiego.com • 619-251-8474

Sign up!



**READY FOR (MORE) LOVE! 8 Week Group** Starts Thursday, September 4th, 7:00 - 9:00 p.m., \$320. For those who want to find a new relationship and those who want to take their current relationship deeper. For men & women. Group size will be limited. For more info: 619-251-8474, tish@ExpressiveArtsSanDiego.com

NEW!

**Retreat Into Art.** Sunday, September 21st, 10:00 a.m. - 5:00 p.m., \$120 After August 24th • \$99 Early registration before August 24th. Take an entire day to reconnect with yourself! Slow down, sink in and experience an enriching renewal through art making, meditation, gentle movement, and reflection. Find relief from your hectic schedule, slow down and turn inward, enrich your self-care, and spend time in restorative art making. Facilitated by Francine Hoffman and Tish McAllise Sjoberg. Info: 619-251-8474, tish@ExpressiveArtsSanDiego.com

**CALL TO ARTISTS: CARDBOARD CREATURES** Create a creature out of cardboard, (preferably from recycling). Should be able to hang on wall or from ceiling. Limited shelf display available. For consideration, email jpeg photo by August 7th. For more info: 619-251-8474, tish@ExpressiveArtsSanDiego.com Work must be gallery ready (framed or...) A \$15 donation to help cover hanging & opening costs is appreciated. Trade/work possibility, too.

## Regular Event Descriptions

\*Events included in the 30 Day Pass

**\* Open Studios - This month: Mondays, Wednesdays, Thursdays** - See reverse calendar for times. Bring a project you are working on, finish a piece started in one of the our classes, or start something new. You will work on your own, we will be there to assist if needed. Drop in for all or a little. \$10. OPEN STUDIO 30 Day PASS-attend ALL open studios in 30 days for \$50. (\$150 value!)

**Mosaic** - \$50 includes materials. Great for those who have time during the day! You could even start making your holiday gifts! Great for seniors, too. Contact Cathy Sparks Lyons for new dates and more information! Lyons\_c@yahoo.com or 619-301-9130.

**\* Women's Expression Session - Every Tuesday**, 10 - 11:45 a.m., on July 1st & 8th, 1:00 - 2:45 p.m. the rest of the month. \$20. How are you at taking time for you? This is an attitude adjustment with art... you can de-stress from work, drop the kids at school and come play, return to your to-do list with a new outlook. I take care of the project & materials you just come to relax & play.

**The Music Collective - 2nd & 4th Tuesdays** 7:00 - 9:00 p.m., \$10 appreciated donation. Singers, Songwriters, Musicians & Music Lovers, perform & collaborate with other musicians, singers & songwriters. Network, get feedback, book gigs & build a following. All levels welcome, beginners to experts. Audience welcome! Contact Tish, 619-251-8474, tish@ExpressiveArtsSanDiego.com

**\* Art Aerobics - Every Wednesday**, 6:00 - 7:30 p.m., \$20. Paint to music! Release stress and tension from your day as well as get a little art workout! Move fast so the critic won't have time to jump in! Let the music get your paint brush moving to play with color at an aerobic pace! (Price includes staying for Open Studio after!)

**Beginning Theatre For Kids** - We do drama games, dance and act out stories with costumes and props. The class is wonderful for shy children; no experience necessary. Contact Therese Rossi, MFA at therese.rossi@yahoo.com or call 619-528-9188

**\* Art Happy Hour - July 25th (Every 4th Friday)**, 7-11:00 p.m., \$20, Drop-in for all or a little. Kindergarten for adults! Great way to start your weekend, I will have materials set out and you can come play, enjoy conversation or just relax. Leave with original art that you created!

**\* Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday** (Arrive 10 minutes early!) 10:00 a.m.-Noon, \$20. A chance to make art from a slow quiet place, yet still be in community. We use the arts to have a conversation with ourselves and connect to our longings and gifts. This is NOT religious, yet you may choose to make connections to your religious beliefs.

♥♥ Skype Sessions Now Available. ♥♥

### Expressive Arts Therapy & Coaching Sessions

With Individuals, Couples & Families

To navigate life

NO ART EXPERIENCE NEEDED!

1.5-hour for adults, 1-hour for children. Great support for your life to help you manage stress, create change to live a more satisfying life or to just feel more artful.

Working with all life issues such as anxiety, illness, work, relationship, parenting, grief, addictions, eating disorders, depression, stress, trauma, self esteem, unresolved childhood issues and unblocking creativity.

Can be playful and powerful. Tish Sjoberg, M.A., CAGS Expressive Arts Therapist & Coach

Free 30-minute test drive available to see if it is a good fit for you!

Call for an appointment: (619) 251-8474

BOOK NOW!

- CUSTOM WORKSHOPS for Your Organization - Facilitated artmaking that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.
- Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, bachelorette parties, wedding showers, baby showers, even weddings and memorial services. Fun and memorable! No art experience needed!
- Custom ART HAPPY HOUR, Art Aerobics or, any of our offerings can be adapted for your family, group or company, great for team building!
- Studio rental available for your workshops, classes or private practice.

**This is an Expressive Arts Studio...** where we focus on the PROCESS of making art rather than the end product. Our goal is to create a safe place for you to use the arts to help you work through challenges, create change and have fun. We believe that art is helpful, art is healing, art relaxes, art inspires, art changes us, art changes the world we live in and a whole lot more! Visual•Movement•Music•Drama•Writing



Please RSVP for all events and for more information: 619-251-8474 or rsvp@ExpressiveArtsSanDiego.com All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, 92104 [www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [info@ExpressiveArtsSanDiego.com](mailto:info@ExpressiveArtsSanDiego.com)

©2014 Tish McAllise Sjoberg • Schedule subject to change, call to RSVP and confirm • Work/study available, no one turned away for lack of funds