


MAY Offerings

MAY Maybe it is time to listen to that longing to make art! Join us this MAY!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 *Open Studio 1:00 - 3:00 p.m. Creative Kids! 3:30-5:00 pm <small>So You Want to Write a Book? 6:00 p.m. (Call for info NEW group starts in July)</small>	3 *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm (closed group)	4 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	5 Visioning Journal Groups Another group starts this FALL!	6	7 Private Event 6:00 - 8:00 p.m.
8 *Art Church 10:00 a.m. ♥ Mother's Day! Make art with or for your mom! ♥ No Music Collective Tonight	9 *Open Studio 1:00 - 3:00 p.m. Creative Kids! 3:30-5:00 pm	10 *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm (closed group)	11 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	12 Visioning Journal Groups Another group starting in the Fall, sign up now!	13 Beginning Painting 10:00 a.m.-1:00 p.m.	14 Playback Theater Practice 9:00 a.m. Closed Group Call for Info
15	16 *Open Studio 1:00 - 3:00 p.m. Creative Kids! 3:30-5:00 pm <small>So You Want to Write a Book? 6:00 p.m. (Call for info NEW group starts in July)</small>	17 *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm (closed group)	18 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19 Visioning Journal Groups Another group starting in the Fall, sign up now!	20 Beginning Painting 10:00 a.m.-1:00 p.m.	21 SCRIBBLE ART Book Launch ART PARTY 6-9:00 p.m. Free!
22 *Art Church 10:00 a.m. *Music Collective 6:30 -8:30+p.m.	23 *Open Studio 1:00 - 3:00 p.m. Creative Kids! 3:30-5:00 pm	24 *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm (closed group)	25 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	26	27 Beginning Painting 10:00 a.m.-1:00 p.m. *Art Happy Hour 7:00 -11:00 p.m.	28
29	30 CLOSED for Memorial Day, Make art with family & friends!	31 *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm (closed group)			*Offerings included in the 30-Day Express Pass Only \$89 (that is a \$300+ value!)	

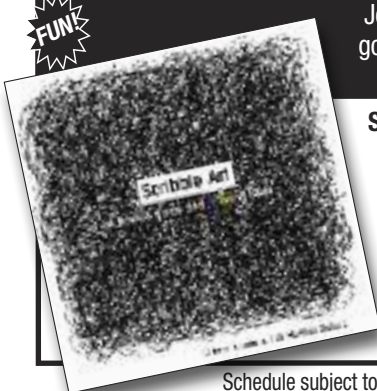
UPCOMING SPECIALTY OFFERINGS: See back for MORE & THE DETAILS for our REGULAR EVENTS

NEW! **Beginning Painting in Oil or Acrylic** Fridays 10:00 a.m. - 1:00 p.m. May 13 - June 17 6 Classes, \$195. This relaxed supportive class will introduce you (or refresh you) to the basics of painting on canvas. We'll start with color mixing and making a color wheel, and then move on to a still life painting, either classical or playful. Taught by Therese Rossi, MFA and Expressive Arts Therapist. Supply list sent with registration. Call me at 619-528-9188 or e-mail therese.rossi@sbcglobal.net

Kids! **Creative Families** Wednesdays (April 6-May 25) 10:00-11:00 a.m. 8 classes, \$20 per parent/child pair. You will deepen your relationship with your child through art making in this class. This sensory and process-based art class will bring out the shared joy of creating with your child. It's time to play! As a team, you will explore many media that are appropriate for young children such as finger paint, sand play, clay, paper art, dance, music, nature art and more. Learn more go to: www.greenartlabs.com To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613.

Kids! **Creative Kids** Mondays (April 4-May 23) 3:30-5:00 p.m., \$25 per student/per class. Ages 5 & up. Children will express their creativity and have fun experimenting in the Green Art Lab. We'll offer different pallets of reusable materials - clean and safe items saved from the land fill and turned into amazing one-of-a-kind creations such as inventions, games, vehicles, instruments, & sculptures. Working individually and collaboratively, finding their inventor, engineer, designer, artist, and environmentalist self, encouraging problem solving, social-emotional opportunities, creative thinking, fine motor skills, & more. Learn more go to: www.greenartlabs.com To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613.

Scrabble Art Book Launch & Art Party Saturday, May 21st • 6:00 - 9:00 pm, A FREE community event!



Join me for the launch of my new book "Scribble Art" — Come make scribble art, hear me read, and have a scribbly good time! Fun for the whole family and all age scribblers are welcome, from 1-100 (or younger and older!) The book contains many of my ideas about artmaking, presented through the scribble! Let's have some FUN! -Tish

SCRIBBLE ART - A How-to Guide and Coloring Book - Ready, set, SCRIBBLE! Scribbling could be the native art form of the entire human race. As children it is our first visual language. As adults we may need to re-learn how to let go and scribble. In this playful book, author and artist Tish McAllise Sjoberg presents many of her concepts about making art. She gives us permission to scribble, express and make art with no need for talent or education. The scribble is the perfect medium for expressing emotion, relieving stress and playing, while simultaneously creating art. A scribble a day can help us be happier, healthier and more creative!

The scribble is just the beginning—next add color!

Scribble Art will be available at the book launch party, Saturday, May 21st, 6-9:00 p.m., \$10.

Schedule subject to change, call to RSVP and confirm.

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www.ExpressiveArtsSanDiego.com • 619-251-8474

See back for more!

Coming this SUMMER

NEW

ADULT Summer Camp! July 11-15, 10:00 a.m. - 1:00 p.m. \$210. Includes Supplies. Yes, Summer Camp For Grown-Ups! Come and be a kid for 5 lazy summer mornings of summer art. We'll watercolor, make yarn & fabric dolls, re-cycle robots, roam the hood for nature poems, and, inspired by "Tar Beach", the classic rooftop, stargazing story, we'll make a quilt from gorgeous patterned papers. Lemonade, and summer snacks daily. Taught by Therese Rossi, MFA, Expressive Arts Therapist. Call Therese to register at 619-528-9188 or email Therese at therese.rossi@sbcglobal.net

Kids!

KIDS Summer Camp! July 11-15, 2:00- 5:00 p.m. With Joan Green and her Green Art Lab. Learn more about Green Art Labs at: www.GreenArtLabs.com or contact: joan@greenartlabs.com, (619) 206-6613. STAY TUNED FOR MORE DETAILS!

Join Us!

So You Want to Write? 6-Week Summer CRASH Support Group, Mondays July 25th-August 29th, \$210. This could be a writing summer intensive for you or a leisure meandering summer writing. This 2-hour group will support you to get started and stay with it. Work through stuckness, celebrate successes & support others. Opportunities to write, read (if YOU want) and have fun, too! Sure to be lots of laughter and a little blood, sweat and tears, too! Begin a writing practice and who knows, maybe a book will come :) Will include writing prompts and support between our meetings. **No previous writing experience needed.**

For more INFO & RSVP contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Regular Event Descriptions

*Events included in the 30 Day Pass

*** Open Studios - This Month: Mondays 1-3:00 p.m. & Wednesdays 7:30-9:00 p.m.**

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.)

*** Women's Expression Session - Every Tuesday**, 10 - Noon, \$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 relax. play in the arts and maybe have an insight that helps create change!

*** Paint to Music - Every Wednesday**, 6:00 - 7:30 p.m., \$20. Release stress and tension from your day while creating a one-of-a-kind painting! Playful and fun, and a chance to work with your critic if it comes up. Turn up the tunes! RSVP (Price includes Open Studio after, 7:30 - 9:00 p.m.)

*** Art Happy Hour -Every 4th Friday**, April 22nd, 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** 10:00 a.m.- Noon, \$20. This is "inner church," 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 own spiritual beliefs.

*** The Music Collective - 2nd & 4th Sundays**, (no Collective on Mother's Day) 6:30 - 8:30 (ish) p.m., \$10 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 & essential! Contact Ray Muniz, 619-318-2315, rainman94@cox.net

BOOK A DATE NOW FOR YOUR BEST EVER - BIRTHDAY PARTY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN YOUR OWN ART SHOW! No art experience needed by guests!

BOOK NOW!

- CUSTOM WORKSHOPS for Your Organization - Facilitated art making 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.

Skype & Phone Sessions, too.

Expressive Arts Therapy & Coaching Sessions

With Individuals, Couples & Families

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, 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. **Now offering EFT (Emotionally Focused Therapy) for couples with Expressive Arts.**

Can be playful and powerful.
Tish Sjoberg, MA, CAGS
Expressive Arts Therapist

Free 30-minute consultation to see if it is a good fit for you!
Call for an appointment: (619) 251-8474

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

Expressive Arts
@ 32nd & Thorn

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, CA 92104
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• Schedule subject to change, call to RSVP and confirm • Work/study available, no one turned away for lack of funds