

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarascals.com	3 Creative Home School Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	4 *Women's Expression Session 10a.m.-Noon Eric Sjoberg Closed Group 6:30 - 9:30 p.m.	5 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	6 Visioning Journal Groups New group starts in January 2017!	7	8
9 *Art Church 10:00 a.m.	10 Creative Home School Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	11 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	12 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	13 Visioning Journal Groups New group starts in January 2017!	14 Abstract Expressionist Painting 10:00 a.m. - 1:00 p.m.	15 COLLAGE FREE-FOR-ALL! Show Reception, & Artist Talk 6-9:00 p.m. Free!
16 Women's Expressive Arts Drumming 1:00 - 3:00 p.m.	17 Creative Home School Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	18 *Women's Expression Session 10a.m.-Noon Eric Sjoberg Closed Group 6:30 - 9:30 p.m.	19 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	20 Visioning Journal Groups New group starts in January 2017!	21 Abstract Expressionist Painting 10:00 a.m. - 1:00 p.m.	22
23 *Art Church 10:00 a.m.	24 Creative Home School Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	25 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	26 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	27 Visioning Journal Groups New group starts in January 2017!	28 Abstract Expressionist Painting 10:00 a.m. *Art Happy Hour 7:00 -11:00 p.m.	29
30	31 Creative Home School Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm					

*Offerings included in the
30-Day Express Pass Only \$89 (\$300+ value!)

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

NEW Abstract Expressionist Painting Class - 8-Week Group - Starting soon! Fridays, 10:00 a.m. - 1:00 p.m. \$255. If you love color or want to express yourself more fully, join us! We'll look at the bold approaches of Matisse, Van Gogh, Max Beckman and others for inspiration. Beginners are welcome! Taught By Therese Rossi, MFA, Expressive Arts Therapist, to Register Call her 619-528-9188, text 619-395-5847, email therese.rossi@sbcglobal.net. Payment secures your spot. Supply list supplied when you register.

YES! COLLAGE FREE-FOR-ALL & RECLAIMED IMAGES SHOW - Saturday, October 15th, 6-9:00 p.m. A **FREE community event!** Let the show inspire you to create collage art for yourself or create a postcard to send to a friend or family member! We will have all the materials, you just need to bring your desire to play and create! All ages welcome, no previous collage or art experience needed!

Join Us! Expressive Arts Drumming for Women - Sunday, October 16th, 1:00 -3:00 p.m., \$20 Come join us for a fun and easy drumming circle that will include simple visual art and you will want to move your body, too! Come away feeling empowered, energized & supported in a community of women! NO ART/DRUMMING/MOVEMENT EXPERIENCE NEEDED. Info/RSVP contact Michele: mlyons@san.rr.com or (858)357-3207.

NEW! Entering the Holidays When Grieving - Sunday, November 20th, 1:00 -4:00 p.m., \$40 The holidays can be a difficult time when grieving. Together we will look at how to incorporate our loved ones into our holiday rituals and take care of ourselves in this tender time. Loss can be recent or long ago if it still feels like it needs attention. You do not have to go through this time alone, come be with people who understand the dilemma of celebrating while grieving. RSVP and info, contact Tish McAllise Sjoberg: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

KIDS OFFERINGS!

Kids! Creative Families - Wednesdays, 10:00-11:00 a.m. Sign up for series, \$15/each class. 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. 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. To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

Kids! Creative Kids- Mondays 10:00-11:30 a.m. for HOME SCHOOLERS or 3:30-5:00 p.m. for AFTER SCHOOL (McKinley Elem kids get walked over for a small additional fee.), Sign up for series, \$25 each class. 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. Kids find their inventor, engineer, designer, artist, and environmentalist self, encouraging problem solving, social-emotional opportunities, creative thinking, fine motor skills, & more. To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

Schedule subject to change, call to RSVP and confirm.

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See back for 2017 offerings & more!

YES!

Visioning Journal Group - 2017 WINTER 10-Week Group starts January 12th! -Thursdays Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:15 pm, \$330 includes your basic materials. Set your intention(s) and work with it through a visioning practice to feed your creative spirit AND work toward your intention! This can become a life-long practice that is vibrant, personal, satisfying and keeps your dream alive, even before coming true. And, make art in community! No experience needed, just the desire to take your life and your art making deeper! Contact Tish for info 619-251-8474. RSVP— Payment holds your spot.

CAUTION! This can become a LIFE LONG ART PRACTICE!

YES!

So Yo u Want to Write a Book? 2017 10-week Group Starts January 9th! Mondays, 6:00 - 8:15 p.m., 10-week commitment, \$330. Have you had the idea that you would like to write a book? This on-going two-hour+ group is designed to support /you in your writing—work through stuck-ness, celebrate successes, receive support others. This is not a how to write class, though we will do exercises that will help you be a better writer! DON'T LET ANOTHER YEAR GO BY WITHOUT STARTING TO ANSWER THAT CALL TO WRITE! You do not need to know what you want to write. (It will come! And once you write enough, it will want to become a book, or something!) Writing is a solitary process, the support of the group can help you feel connected to others when writing. RSVP and info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com *"This group gets me going so that I am writing on my own between meetings and if I don't, I know I will write on Mondays!"*

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.

*** Women's Expression Session - Tuesday** 10:00 - 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 & maybe have an insight that helps create change!

*** The Music Collective - 2nd & 4th Tuesdays** - 7:00 - 9:00 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

*** 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** - October 28th, 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.

BOOK A DATE NOW FOR YOUR BEST EVER - BIRTHDAY PARTY, RETIREMENT PARTY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN YOUR OWN ART SHOW!

No art experience needed by guests or Team!

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

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!

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