	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Expressive Arr B stand & frame 30 Day Express P	JU-Day	s included in the Express Pass (\$300+ value!)		1	2	3
4	5 Labor Day We are Closed!	6 *Women's Expression Session 10a.mNoon	7 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	8	9	10
11 *Art Church 10:00 a.m.	12 Creative Home School Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm		14 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	1 5 NEW Visioning Journal Group Begins! 11:00 a.m 1:00 p.m. or 6:00 - 8:15 p.m.	16	Re-Claime Images Show Opening 6-9:00 p.m. Free
18	19 Creative Home Schoo Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm	*Women's	21 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	22 Visioning Journal Groups New group starts in January 2017!	23 *Art Happy Hou 7:00 -11:00 p.m	Playback Thea Practice 9:00 a.m Not (Private Event
25 *Art Church 10:00 a.m. Women's Drumming 1:00 - 3:00 p.m.	26 Creative Home Schoo Kids! 10-11:30 am *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm	Evoression Session	28 Creative Families! 10:00-11:00 a.m. PRIVATE EVENT NO Paint to Music	29 Visioning Journal Groups New group starts	30	
UPCOMING	So You Want to Write? 6:00 p.m SPECIALTY al Group - NEW 12	OFFERING		in January 2017! or MORE & THE I ember 15th - Decem		
UPCOMING Visioning Jourr ign up for Morning C nd work with it throus vibrant, personal, s esire to take your lif	SPECIALT al Group - NEW 12 Group: 11:00 am - 1:1 ugh a visioning praction atisfying and keeps y atisfying and keeps y and your art making can become a LIFE	Contract of the second second	See back f sdays beginning Sept pup: 6:00 - 8:15 pm, \$ ve spirit AND work to n before coming true. sh for info 619-251-8	or MORE & THE ember 15th - Decem 6405 includes mater ward your intention! And, make art in co 474. RSVP— Paym ill also create a grou	ber 8th (We won't ials & one calenda This can become mmunity! No expe ent holds your spo up 2017 calendar v	meet on Thanksgiv r.* Set your intentio a life-long practice rience needed, jus t. <i>FiLL</i> with our favorite pa
UPCOMING Visioning Journ ign up for Morning (nd work with it throu vibrant, personal, s esire to take your lif CAUTION! This of RECLAIMED IM grade school. Unusue the muse and tell a s	SPECIALT al Group - NEW 12 Group: 11:00 am - 1:1 ugh a visioning praction atisfying and keeps y atisfying and keeps y and your art making can become a LIFE	Construction of the second state of the second	See back f sdays beginning Septe oup: 6:00 - 8:15 pm, § ive spirit AND work to n before coming true. sh for info 619-251-8 TICE! *We w stration fee. Additiona ctober 17th, 6-9:00 p. with other images and ages or are images ta	or MORE & THE I ember 15th - Decem 6405 includes mater ward your intention! And, make art in co 474. RSVP— Paymo ill also create a grou I copies can be ord n., A FREE communi d media, taking them ken from books, ma	ber 8th (We won't ials & one calenda This can become mmunity! No expe ent holds your spoi up 2017 calendar v ered for gifts for at ty event! This is no to new creative pla gazines or photogr	meet on Thanksgiv r.* Set your intention a life-long practice wience needed, just t. with our favorite pa bout \$5 each (my c t the collage you did aces, letting images aphs and transform
UPCOMING Visioning Journ ign up for Morning C nd work with it throus vibrant, personal, s esire to take your lif CAUTION! This c RECLAIMED IM grade school. Unusue the muse and tell a s ARTIST CALL FOR E So You Want t commitment, \$375 is two-hour+ group is a how to write class ANSWERING THAT C become a book or s	A SPECIALTY al Group - NEW 12 Group: 11:00 am - 1:1 ugh a visioning practic atisfying and keeps y e and your art making can become a LIFE One copy is i AGES SHOW OPE al and powerful use of story. Some are the ar	CONSTRUCTION Consideration on Summary Strength Strengt Strength Strengt Strength Strength Strength Strength Strength Str	See back f sdays beginning Septe bup: 6:00 - 8:15 pm, \$ ve spirit AND work to n before coming true. sh for info 619-251-8 TICE! *We we stration fee. Additional ctober 17th, 6-9:00 p. with other images and ages or are images ta day, September 11th, is September 26th fter 8/31. Have you ha work through stuck-r lp you be a better wr what you want to wr 19-251-8474 or tish@	or MORE & THE ember 15th - Decem 3405 includes mater ward your intention! And, make art in co 474. RSVP— Paym ill also create a grou I copies can be ord m., A FREE commun d media, taking them ken from books, ma 12:30-3:00 p.m. or i - December 12t d the idea that you bess, celebrate succ iter! DON'T LET ANG ite. (It will come! An PExpressiveArtsSan	ber 8th (We won't ials & one calenda This can become mmunity! No expe ent holds your spoi up 2017 calendar y ered for gifts for at ty event! This is no to new creative pla gazines or photogr nake other arrange h, Mondays, 6:00 vould like to write esses, receive sup DTHER YEAR GO B d once you write e Diego.com	meet on Thanksgiv r.* Set your intention a life-long practice prience needed, jus t. Fill with our favorite partice yout \$5 each (my contraction cout \$5 each (my contraction) the collage you dive aces, letting images aphs and transform ements. Email for In - 8:15 p.m.,12 we a book? This on-go port others. This is Y WITHOUT STARTI enough, it will wan

See back for KIDS CLASSES & more!

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KIDS OFFERINGS!

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

Creative Kids- Mondays 10:00-11:30 a.m. for HOME SCHOOLERS <u>or</u> 3:30-5:00 p.m.for AFTER SCHOOL, Sign up for series, \$25 each. 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

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! <u>RSVP</u> (Price includes Open Studio after, 7:30 - 9:00 p.m.)

* **Art Happy Hour - Every 4th Friday** - August 26th, 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 <u>NOW</u> FOR YOUR <u>BEST EVER</u> - 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!

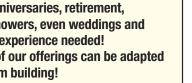
 CUSTOM WORKSHOPS for Your Organization - Facilitated art making that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.
Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement,

• 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.

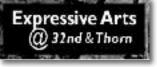
Working with all life issues such as **anxiety**, illness, work, **relationship**, parenting, **grief**, addictions, eating disorders, **depression**, **stress**, trauma, self esteem, unresolved childhood issues and **unblocking** creativity. **Now offering EFT (Emotionally Focused Therapy) for couples 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!



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 www.ExpressiveArtsSanDiego.com • info@ExpressiveArtsSanDiego.com

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