


January Offerings

WELCOME the new year with new chances to be creative!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year! (Let this be the year of EXPRESSING creatively!!)	2 *Open Studio 1:00 - 4:00 (One hour longer today!)	3 *Last day - ealy bird sign-up for Visioning Journal Groups *Women's Expression Session 10a.m.-Noon	4 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	5 NEW Visioning Journal Groups Start January 12th! Choose from morning or evening groups! Sign up now!	6 African Jam Drum & Dance with Jibby 6:30-8:00 p.m.	7
8 *Art Church 10:00 a.m. Women's Expressive Arts Drumming 1:00 - 3:00 p.m..	9 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.	10 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	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 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 African Jam Drum & Dance with Jibby 6:30-8:00 p.m.	14 Dream It, Plan it (Do it!) 9:30 am-12:30 pm
15	16 MLKing Day *Open Studio 1:00 - 4:00 (One hour longer today!) So You Want to Write? 6:00 p.m.	17 *Women's Expression Session 10a.m.-Noon	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 Sign up for the Spring Group starting in April!	20	21 Will Barton & Traumatic Brain Injury Show & Fundraiser 6-9:00 p.m.
22 *Art Church 10:00 a.m.	23 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.	24 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	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 Visioning Journal Groups Sign up for the Spring Group starting in April!	27 *Art Happy Hour 7:00 -11:00 p.m.	28 African Jam Drum & Dance with Jibby 6:30-8:00 p.m.
29	30 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.	31 *Women's Expression Session 10a.m.-Noon			*Offerings included in the 30-Day Express Pass Only \$89	

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

- NEW African Jam with Jibby** - \$10 Donation Appreciated. Come out to the studio to meet and make music with your neighbors! Djibril Camara, Master Dancer from Guinea, will lead a fun drum and dance gathering for our beautiful village. Bring your drum (or use ours), your dancing feet, and your happy heart and Jibby will get us all movin, groovin and learning about African cultural traditions. No experience needed -- all ages and abilities. Listen for the drumbeats and head on over -- Wontanara!! (Community Together!!) Info at 217-621-2987, jibbyc7@gmail.com, or www.facebook.com/djibrilcamaradance.
- NEW Dream It, Plan it (Do it!) - A Goal Setting Workshop for Momentum-Building, Female Entrepreneurs -** Saturday, January 14th, 9:30 am-12:30 p.m. \$75 or \$120/pair. Creative workshop for entrepreneur gals. All supplies provided. Just bring your imagination and ambition and let's kick 2017's booty! Facilitated by Elizabeth Calvia and Jessica Boranian, a friend duo combining the ultimate of left and right brain powers. Contact 805-403-5377 or ReCultureSanDiego@gmail.com
- YES! Expressive Arts Drumming for Women** - Sunday, January 8th, 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.

Jam Dates this Month
Fri 1/6 - 6:30-8 p.m.
Fri 1/13 - 6:30-8 p.m.
Sat 1/28 - 6:30-8 p.m.

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 - 8:00 pm, \$330 by January 3rd, \$360 after January 3rd, 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 RSVP and info 619-251-8474 tish@expressiveartssandiego.com.

CAUTION! This can become a LIFE LONG ART PRACTICE!

Where there's WILL there's a Way-Works by Will Vaughn Barton and Other Artists Surviving Traumatic Brain Injury & Fundraiser - Saturday, January 21st, 6-9:00 p.m., \$20 donation appreciated! Will Barton was shot and left for dead. Beating the odds of a 1% chance to live, Will did not want his traumatic brain injury (TBI) to get in the way of his dream to be an artist. Holding his paint brush in his mouth and finding an unending desire to express, Will has created a body of work that he wants to share. Also included are other artists with TBI. Art helps.

FUN! Creative Kids Children will express their creativity and have fun experimenting. **Creative Families** - You will deepen your relationship with your child through art making in this class. For more info contact Joan Green: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

YES! So Yo u Want to Write a Book? (Or write anything?) 10-week Support Group Starts January 9th!

Mondays, 6:00 - 8:15 p.m., 10-week commitment, \$330 by 1/3/17, \$360 after January 3rd. Have you had the idea that you would like to write a book? (Or write anything?) 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 become 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!"

Valentine's Art Happy Hour, Tuesday, February 14th, 7:00 - 10:00 p.m., \$30 per person. (\$10 for 30 Day Pass holders.) Great for couples AND singles! Of course, the theme will be love! We will have art prompts for you to do together or separately. Don't miss this fun evening! You can bring your own wine and snack picnic or we will have snacks and drinks by donation. Don't worry, no art experience needed...just a desire to connect and have fun, you can even get messy if you want! Please RSVP, payment secures your spot! : Call or text 619-251-8474 or email 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.

*** 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 - January 27th, 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.

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.
Also offering EFT (Emotionally Focused Therapy) for couples combined 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

GREAT GIFT ITEMS!
30 Day Express Pass
\$89 (\$230+ value)
30 Day Open Studio Pass
\$50 (\$80+ value)
One Class Pass
\$10 - \$20
Gift Certificates
Art, Cards, Magnets and More!

On-going studio rental for your classes, groups or private practice.
Current Blocks of Availability
Call for more info
• Sunday evenings
• 1st & 3rd (and 5th) Tuesday evenings
• Fridays day and 2nd & 3rd evenings

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.

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, CA 92104
www.ExpressiveArtsSanDiego.com • info@ExpressiveArtsSanDiego.com

©2017 Tish McAllise Sjoberg / Art Helps Art Heals / Expressive Arts @ 32nd & Thorn / Expressive Arts San Diego
• Schedule subject to change, call to RSVP and confirm • Work/study available, when possible, no one turned away for lack of funds