



December Offerings

Let ART be the gift you give and receive!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BOOK A DATE NOW FOR YOUR BEST EVER - HOLIDAY PARTY, BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN HAVE YOUR OWN ART SHOW! No art experience needed by your guests!</p>			<p>*Offerings included in the 30-Day Express Pass Only \$89</p>	<p>1 Visioning Journal Groups New group starts January 12, 2017! Sign up now! Info on back.</p>	<p>2</p>	<p>3 African Jam with Jibby 6:30-8:00 p.m.</p>
<p>4 SONO Fest & Chili Cook-off 11:00 a.m.-5:00p.m.</p>	<p>5 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.</p>	<p>6 *Women's Expression Session 10a.m.-Noon</p>	<p>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</p>	<p>8 Visioning Journal Groups New group starts January 12, 2017! Sign up now! Info on back.</p>	<p>9 African Jam with Jibby 6-7:30 p.m.</p>	<p>10 Santa's Workshop 10:0 a.m.-Noon Playback Theatre Storytelling 7:00 -8:30 p.m.</p>
<p>11 *Art Church 10:00 a.m. Women's Expressive Arts Drumming 1:00 - 3:00 p.m.</p>	<p>12 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.</p>	<p>13 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.</p>	<p>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</p>	<p>15</p>	<p>16 African Jam with Jibby 6-7:30 p.m.</p>	<p>17 Creating Vision Boards 11:00 a.m.-2:00 p.m. Holiday Party & Artful Sweater Contest 6-9:00 p.m. Free!</p>
<p>18</p>	<p>19 *Open Studio 1:00 - 4:00 (One hour longer today!)</p>	<p>20 *Women's Expression Session 10a.m.-Noon</p>	<p>21 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>22 African Jam with Jibby 6-7:30 p.m.</p>	<p>23 *Art Happy Hour 7:00 -11:00 p.m.</p>	<p>24</p>
<p>25 *Art Church 10:00 a.m. Christmas</p>	<p>26 *Open Studio 1:00 - 4:00 (One hour longer today!)</p>	<p>27 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.</p>	<p>28 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>29</p>	<p>30</p>	<p>31 NEW YEAR'S EVE Art Happy Hour 7:00 p.m.-12:30 a.m.</p>

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

NEW! **African Jam with Jibby** - Donations welcome. 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.

Jam Dates:
Sat. 12/3 - 6:30-8pm
Fri 12/9 - 6-7:30pm
Fri 12/16 - 6-7:30pm
Thu 12/22 - 6-7:30pm

NEW! **Santa's Workshop** - Saturday, December 10th, 10:00 a.m.-Noon, \$20. Art making for the whole family, adults and kids - DIY gifts, cards, wrapping paper, decorations. To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

Join Us! **Evening of Storytelling with Minstrels of Story Playback Theatre Troupe** - Saturday December 10th, 7:00-8:30 p.m. \$10 donation appreciated. Create community by gathering around the proverbial campfire and share stories from your life. The troupe plays back your stories in present time in a safe and respectful environment. Playback Theatre is theater of the heart! To learn more about playback: www.playbacktheatresandiego.com. RSVP: Director, Francie LaRue @ creativewellness6@gmail.com or message at (858) 200-6617.

YES! **Expressive Arts Drumming for Women** - Sunday, December 11th, 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! **Creating Vision Boards that actually work for you Workshop** - Saturday, December 17th, 11:00 -2:00 p.m. \$88. Have you tried creating vision boards in the past, and either didn't start or finish it, or it just didn't seem to work. Has 2016 sorta kicked you in the teeth, and you are wondering how to digest these challenges and set up for more ease and abundance in 2017? Are you a woman in an identity shift? Or a seeker, an entrepreneur, a visionary, an artist or feminine leader in a transition phase and would like clarity on your life and/or biz and for next year? This workshop is for you! Contact Jaime Lyerly, Breakdown Coach, award-winning Artist and Energy healing Facilitator - jaimelyerly@gmail.com or 619-750-2404.

FREE! **Studio Holiday Party & ARTFUL SWEATER CONTEST!** - Saturday, December 17th, 6-9:00 p.m. A FREE community event! Join us for an evening of winter artmaking, music and FUN! Wear an Artful Sweater—we will have a funky fashion show and announce the winners at 8:00 p.m. Check out the Art of the Studio Show and listen to live music with Music Collective regulars Ray Muniz and Russ Little.

FUN! **New Year's Eve Art Happy Hour** Sunday, December 31st, 7:00 p.m.-12:30 a.m., \$45. Come play with art to let go of 2016 and ring in the new year! We will have art making, a midnight drum circle, snacks and drinks by donation or you may bring your own. Great for singles and couples. Current 30-Day Pass can come for \$20. Space limited. Please RSVP to Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Creative Kids & Creative Families - For more info contact Joan Green: 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 - 8:00 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 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** - November 23rd, 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.

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

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!
Visual • Movement • Music • Drama • Writing

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.**

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