



SEPTEMBER Offerings

Stop watching and thinking, come PLAY!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Expressive Arts @ 32nd & Thorn 30 Day Express Pass	4 *Offerings included in the 30-Day Express Pass Only \$99 (\$250+ value!) Labor Day	5 *Women's Expression Session 10a.m.-Noon Let's Listen 6:30 - 8:30 p.m.	6 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	7 New 12-week Visioning Journal Groups Start TODAY! 11:00 a.m. - 1:00 p.m. or 6:00 p.m. - 8:00 p.m.	8	9 Playback Theater Practice 9:00 a.m. - Noon PlaybackTheatreSanDiego.com (Private Event)
10 *Art Church 10:00 a.m. *Open Studio 1:00-3:00 Drop-Off Art for Open & Close Show 1:00-3:00	11 Creative Families! 10:00-11:00 a.m. Creative Kids! 3:30-5:00 pm	12 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	13 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	14 New Visioning Journal Groups start in January, sign up now!	15	16 OPEN & CLOSE Show Opening 6-9:00 p.m. T-32 End of Summer Art & Music Crawl 4:00 - 9:00 p.m.
17	18 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	19 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm Let's Listen 6:30 - 8:30 p.m.	20 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	21 New Visioning Journal Groups start in January, sign up now!	22 Painting in Oil or Acrylic 11:00am - 2:00 p.m. *Art Happy Hour 7:00 - 11:00 p.m.	23 Dressing It Up - Nutrition Class with Monika 1:00-3:00 p.m.
24 *Art Church 10:00 a.m.	25 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	26 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	27 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	28 New Visioning Journal Groups start in January, sign up now!	29 Painting in Oil or Acrylic 11:00am - 2:00 p.m.	30

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

SIGN UP! STARTS 9/7!

Visioning Journal Group - FALL 12-Week Group STARTS September 7th! -Thursdays, sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$420. 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.

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

NEW!

Painting in Oil or Acrylic - 8 weeks, Fridays, September 22nd-November 10th, 11:00 a.m. - 2:00 p.m., \$280 (Supply list sent with registration.). This relaxed supportive class will introduce you (or refresh you) to the basics of painting on canvas. Beginners will start with color mixing and a color wheel, and all can bring a photo or a project you'd like to work on. Work either realistically or abstractly and learn good basics along the way. Join us! Taught by Therese Rossi, MFA and Expressive Arts Therapist. Call Therese to register at 619-528-9188 or 619-395-5847 for texting or e-mail therese.rossi@sbcglobal.net

NEW!

Dressing It Up - Nutrition Class with Monika Saturday, September 23rd, 1:30 - 2:30 p.m., \$30 Learn how to make 3 easy, healthy and tasty dressings to enhance any dish! You will learn how to use fresh ingredients to make three healthy and delicious dressings that will satisfy both sweet and savory cravings. You will walk away with a fun experience, the recipes and your creations. Monika is a Nutritionist with a Master of Science in Nutrition for Wellness from Bastyr University. She has over 7 years of experience in health and fitness as a personal trainer, NPC competitor and nutritionist. She is author of FML: An Evidence Based Nutrition Blog. (go to fuel-my-life.com) As a wellness professional, her goal is to inspire a passion for health and wellness through nutrition education. RSVP: Monika: monikamuscles@gmail.com or (847) 736-2464.

Join Us!

Let's Listen - 1st & 3rd Tuesdays, September 5th & 19th, 6:30 - 8:30 p.m. Donation. Join us for a facilitated community conversation to listen to the interests and concerns of our neighbors in an effort to create a stronger, more united community. Learn to listen to the person who is speaking rather than our minds that are chattering away! Learn to identify when you stop listening and what you can do when you are activated by the ideas of another. For more info contact: Michael Robinson 360-301-3198 or michael.s.robinson@gmail.com

Open & Close - ARTIST Call for Entry It is all about DOORS & WINDOWS! Create your art ON doors or windows OR have doors or windows IN your art. What are you opening to? What are you closing the door on? What do you see for yourself outside or inside? What do you want to keep out? What do you want to invite in? Deliver work on Sunday, Sept. 10th, 1:00 - 3:00 p.m. or Monday, Sept. 11th 1:00 - 3:00 p.m.
SHOW OPENING Saturday, September 16th • 6:00 - 9:00 p.m.
Live Music 7:00 - 8:00 p.m. • Recycled Fashion Show 7:30 p.m.

Schedule subject to change, call to RSVP and confirm.

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 www.ExpressiveArtsSanDiego.com • 619-251-8474

See back for more offerings & info!

Plan Ahead!

Join Us!

So You Want to Write a Book? New Group will Start in January! Mondays, 6:00 - 8:15 p.m., 12-week commitment, \$420. 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 writing exercises that will help you find your voice. You do not need to know what you want to write. Writing is a solitary process, the support of the group can help you feel connected to others when writing. RSVP/info, contact Tish: 619-251-8474 tish@ExpressiveArtsSanDiego.com

Regular Event Descriptions

*Events included in the 30 Day Pass for \$99

*** Open Studios - This Month: Mondays 1-4:00 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 - September 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.

FOR KIDS:

Creative Families - Parent and toddler ages 2-5, Mondays, 10-11:00am.

Creative KIDS After School Classes: Mondays &/or Tuesdays 3:30 p.m. - 5:00 p.m.

For info contact Joan Green: joan@greenartlabs.com (619) 206-6613. www.greenartlabs.com

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 for your guests!**
- **Custom ART HAPPY HOUR, Paint to Music 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, private practice or events.**

On-going studio rental for your classes, groups or private practice. (\$30/hr)
Call for more info and Current Blocks of Availability

- **Fridays: early morning, late afternoon and evenings except 4th Friday**
- **Lots of weekend times & early mornings**

GREAT GIFT ITEMS!

30 Day Express Pass

\$99 (\$230+ value)

30 Day Open Studio Pass

\$50 (\$80+ value)

One Class Pass

\$10 - \$20

Gift Certificates

Art, Cards, Magnets and More!

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

Skype & Phone Sessions, too.

Expressive Arts Therapy 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 **unlocking** 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

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
www.ExpressiveArtsSanDiego.com • info@ExpressiveArtsSanDiego.com

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