


February Offerings

LOVE is greater than fear and ART helps the fear become LOVE!!

NO REVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	2 Visioning Journal Groups Sign up for the Spring Group, starts in April 6th!	3 African Jam Drum & Dance with Jibby 7:30-9:00 p.m.	4 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarasicals.com
5 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarasicals.com	6 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.	7 *Women's Expression Session 10a.m.-Noon	8 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	9 Visioning Journal Groups Sign up for the Spring Group, starts in April 6th!	10 African Jam Drum & Dance with Jibby 7:30-9:00 p.m.	11 Playback Theater Practice 9:00 a.m. - Noon PlaybackTheatreSanDiego.com (Private Event)
12 *Art Church 10:00 a.m. Women's Expressive Arts Drumming 1:00 - 3:00 p.m..	13 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.	14 *Women's Expression Session 10a.m.-Noon Valentine's Art Happy Hour 7:00 -11:00 p.m.	15 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	16 Visioning Journal Groups Sign up for the Spring Group, starts in April 6th!	17 Creative Kids Presidents Day Camp! 9:00 a.m. - 3:00 p.m. African Jam Drum & Dance 7:30-9:00 p.m.	18 Will Barton & Traumatic Brain Injury Artist Talk & Fundraiser 6-9:00 p.m.
19	20 Creative Kids Presidents Day Camp! 9:00 a.m. - 3:00 p.m. So You Want to Write? 6:00 p.m.	21 *Women's Expression Session 10a.m.-Noon ACTION STUDIO 6:30 - 8:00 p.m.	22 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	23 Visioning Journal Groups Sign up for the Spring Group, starts in April 6th!	24 *Art Happy Hour 7:00 -11:00 p.m.	25 DIY Workshop 10:0 a.m.-Noon African Jam Drum & Dance with Jibby 7:30-9:00 p.m.
26 *Art Church 10:00 a.m.	27 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.	28 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.		*Offerings included in the 30-Day Express Pass Only \$89 (\$300+ value!)	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!	

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

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.

YES! Expressive Arts Drumming for Women - Sunday, February 12th, 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.r.com or (858)357-3207.

NEW! President's Day Camp for Kids! Friday 2/17 and Monday 2/20, 9:00 a.m. - 3:00 p.m. Ages 5+. \$60 per day. 16 students max. 8:1 student to teacher ratio. Create with reusable materials while you learn how to cool the planet in this time of climate change. Campers will have opportunities to create and also spending time outside in nature. Possibilities include creating with reusable materials, painting, nature art, theater, music and movement. Outings in the neighborhood. STEAM Concepts, Collaborating, Creative Thinking, Problem Solving. Sign up at www.greenartlabs.com

YES! African Jam with Jibby - \$10 Donation Appreciated. 2/3, 2/10, 1/17. 2/25 7:30 - 9:00 p.m. Come 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. Wontanara!! (Community Together!!) Info at 217-621-2987, jibbyc7@gmail.com, or www.facebook.com/djibrilcamaradance.

FUN! Where there's WILL there's a Way-Works by Will Vaughn Barton and Other Artists Surviving Traumatic Brain injury ARTIST TALK & Fundraiser - Saturday, February 18th, 6-9:00 p.m., Artist Talk at 7:00 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.

NEW! ACTION STUDIO Tuesday, February 21st from 6:30 - 8:00 p.m. Donation. This will be a SILENT open studio-ish setting for you to take action on things in your life and in the world. Write letters, make art, write a blog, make signs, even pay your bills. Whatever action is difficult for you to do alone. Could be writing a letter to your representative, your mother, or your doctor. This is intended to be a safe place for all views & beliefs. We will have a short check-in and check-out so you are asked to stay for the whole group. Questions & info contact Tish 619-251-8474.

NEW! DIY Workshop - All ages Saturday, 2/25 from 10:00-12:00 noon, \$25 per person or family. Green Art Labs presents DIY Workshop with reusable materials. All ages, families welcome, drop off ok for ages 5+. Create with reusable materials or try our DIY projects such as t-shirt bags, tissue paper painting and bottle cap magnets. All supplies included. To sign up for the DIY Workshop go to www.greenartlabs.com.

Schedule subject to change, call to RSVP and confirm.

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See back for more offerings & info!

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

Join Us!

Join Us! Visioning Journal Group - SPRING 10-Week Group starts April 6th! -Thursdays Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$335 early bird by 3/17, \$375 After 3/17. 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.

Join Us!

Join Us! So You Want to Write a Book? SPRING 10-Week Group starts April 10th! Mondays, 6:00 - 8:15 p.m., 10-week commitment, \$335 early bird by 3/17, \$375 After 3/17. 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 and info, contact Tish: 619-251-8474 or

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 - February 24th, 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. **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

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

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