

# AUGUST Offerings

Make sure you **CREATE** the best **SUMMER** ever! Come **PLAY** and **MAKE ART!**

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>*Women's Expression Session</b> 10a.m.-Noon <b>Let's Listen</b> 6:30 - 8:30 p.m.	2 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	3 <b>New 12-week Visioning Journal Groups Start</b> September 7th. Choose from morning OR evening group. Sign up NOW!	4 <b>Afternoon Private Event</b>	5
6	7 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-4:00 pm	8 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	9 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	10 <b>New 12-week Visioning Journal Groups Start</b> September 7th. Choose from morning OR evening group. Sign up NOW!	11 <b>Afternoon Private Event</b>	12
13 <b>*Art Church</b> 10:00 a.m.	14 <b>Creative Kids Summer Camp</b> M-F 9:00 a.m. - 3:00 p.m.	15 <b>*Women's Expression Session</b> 10a.m.-Noon	16 <b>*Paint to Music</b> <b>*Open Studio</b> 6:00-7:30 p.m. 7:30-9:00 pm	17	18	19
20	21 <b>Creative Kids Summer Camp</b> M-F 9:00 a.m. - 3:00 p.m.	22 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	23 <b>*Paint to Music</b> <b>*Open Studio</b> 6:00-7:30 p.m. 7:30-9:00 pm	24	25 <b>*Art Happy Hour</b> 7:00 -11:00 p.m.	26
27 <b>*Art Church</b> 10:00 a.m.	28 <b>*Open Studio</b> 1:00-4:00 pm <b>So You Want to Write?</b> New FALL Group Starts 9/11	29 <b>Let's Listen</b> 6:30 - 8:30 p.m.	30 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	31 <b>New 12-week Visioning Journal Groups Start</b> September 7th. Choose from morning OR evening group. Sign up NOW!	<b>*Offerings included in the 30-Day Express Pass Only \$99 (\$250+ value!)</b>	

## UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

**KID'S SUMMER CAMPS - Create with reusable materials!** Possibilities include free creating with reusable materials, painting in the painting room, nature art, theater, music and movement! Lunch in the park. STEAM concepts, collaborating, creative thinking!

**Choose from:** August 14-18th, 9:00 a.m. -3:00 p.m. Ages 5+. \$300 per child, for full-day camp. \$255 per sibling

August 21-25th, 9:00 a.m. - 3:00 p.m. Ages 5+. \$300 per child, for full-day camp. \$255 per sibling

Contact joan@greenartlabs.com about 1/2 day and single-day options. Sign up at [www.greenartlabs.com/schedule/](http://www.greenartlabs.com/schedule/)

**KIDS CAMPS!**

**Join Us! Let's Listen - Tuesdays, August 1st & 29th, 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. For more info contact: Michael Robinson 360-301-3198 or michael.s.robinson@gmail.com

**Join Us! 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. SIGN UP BY 8/10 and get a FREE ONE CLASS PASS 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.

**Yes! So You Want to Write a Book? SPRING 12-Week Group starts September 11th!** 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

**Bird-Cat-Dog Show - View through August during Open Studios! Come be inspired by our feathered and furry friends!**

Schedule subject to change, call to RSVP and confirm.

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[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • 619-251-8474

**See back for more offerings & info!**

# 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 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. \$12.

**\* 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 - July 28th, 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. (See Calendar.)

**Creative KIDS After School Classes** start again: Mondays 9/11 & Tuesdays 9/12!

See front for summer camps!

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.**

**Current Blocks of Availability**

**Call for more info**

- **1st & 3rd (and 5th) Tuesday evenings**
- **Friday day and Friday evenings except 4th Friday**

## GREAT GIFT ITEMS!

**30 Day Express Pass**

\$99 (\$230+ value)

**30 Day Open Studio Pass**

\$50 (\$80+ value)

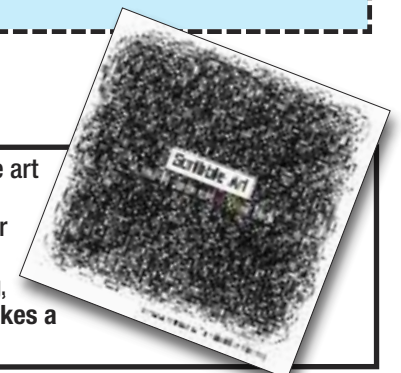
**One Class Pass**

\$10 - \$20

**Gift Certificates**

**Art, Cards, Magnets and More!**

**SCRIBBLE ART - A How-to Guide and Coloring Book -** Ready, set, SCRIBBLE! Scribbling could be the native art form of the entire human race. As children it is our first visual language. As adults we may need to re-learn how to let go and scribble. In this playful book, author and artist Tish McAllise Sjoberg presents many of her concepts about making art. She gives us permission to scribble, express and make art with no need for talent or education. The scribble is the perfect medium for expressing emotion, relieving stress and playing, while creating art. A scribble a day can help us be happier, healthier and more creative! Next add color! **Makes a great gift!** Scribble Art is available at the studio (\$10, tax included) and through Amazon (\$9.84 + tax)



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 **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**

## 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  
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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