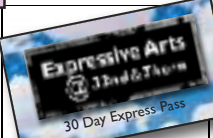


OCTOBER Offerings

Use art to explore the hauntings in your life!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm STORYTELLING Donna Otter 7:00 - 9:00 p.m. Creative Kids! 3:30-5:00 pm	3 *Women's Expression Session 10a.m.-Noon Let's Listen 6:30 - 8:30 p.m.	4 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	5 New Visioning Journal Groups start in January, sign up now!	6 Painting in Oil or Acrylic 11:00am - 2:00 p.m.	7
8 *Art Church 10:00 a.m.	9 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	10 Creative Families! 10:00-11:00 a.m. *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	11 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	12 New Visioning Journal Groups start in January, sign up now!	13 Painting in Oil or Acrylic 11:00am - 2:00 p.m.	14 Playback Theater Practice 9:00 a.m. - Noon PlaybackTheatreSanDiego.com 2nd Saturday Family Creators 1:00-3:00 pm
15	16 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	17 Creative Families! 10:00-11:00 a.m. *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm Let's Listen 6:30 - 8:30 p.m.	18 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19 New Visioning Journal Groups start in January, sign up now!	20 Painting in Oil or Acrylic 10:00am - 1:00 p.m.	21 Yoga & Mindfulness in the Classroom 10:00 am-2:30 pm OPEN & CLOSE Show Reception 6-9:00 p.m.
22 *Art Church 10:00 a.m. Pet Loss Workshop 1:00 - 6:00 p.m.	23 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	24 Creative Families! 10:00-11:00 a.m. *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	25 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	26 New Visioning Journal Groups start in January, sign up now!	27 Painting in Oil or Acrylic 11:00am - 2:00 p.m. *Art Happy Hour 7:00 -11:00 p.m.	28
29	30 Creative Families! 10:00-11:00 a.m. *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	31 Creative Families! 10:00-11:00 a.m. *Women's Expression Session 10a.m.-Noon			*Offerings included in the 30-Day Express Pass Only \$99 (\$250+ value!)	

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

YES! **Let's Listen** - 1st & 3rd Tuesdays, October 3rd & 17th, 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

NEW! **Yoga & Mindfulness in the Elementary Classroom - Interactive Workshop for Elementary School Teachers-** Saturday, October 21st, 10:00 -3:00 p.m., \$115 Learn ho to bring yoga and mindfulness to your classroom to help create a calm and peaceful environment. 619-865-9506, info@yogarascals.com, www.yogarascals.com

Join Us! **Open & Close - Artist Reception & Artmaking Saturday, October 21st • 6:00 - 9:00 p.m.** What are you opening to? What are you shutting the door on? Come see how artists answered those calls and participate in individual and community art pieces! **A FREE community event open to all ages!**

For KIDS **Pet Loss is Real Loss Workshop** - Sunday, October 22nd, 1:00 - 6:00 p.m., \$85. Our animals can be family members and the death of a pet can be very painful, often with little space to grieve. If you have lost a beloved pet, either recently or long ago, and would like to take time to honor them, this group is for you. Facilitated by Tish McAllise Sjoberg, M.A., Expressive Arts Therapist, whose loss of her mother, father, and beloved dog, within a short 6-month period brought her to Expressive Arts Therapy & hospice work. RSVP: 619-251-8474 tish@ExpressiveArtsSanDiego.com

For KIDS **Creative Kids After School** - Mondays & Tuesdays at 3:30p.m. Children will express their creativity and have fun experimenting.
Creative Families - Mondays at 10:00 a.m. You will deepen your relationship with your child through art making in this class.

Creative Families 2nd Saturdays - Saturdays from 1:00-3:00 - Oct 14, Nov 11 & Dec. 9. \$25 per Saturday includes all supplies for the whole family. Join us for a Saturday afternoon of creative fun. Bring the whole family and enjoy bonding through quality creative time. We'll set up art stations for you to explore at your leisure. a great time to create some handmade gifts, decorations and fun.

Creative Kids Veterans' Day Camp - Friday, November 10, 9:00 a.m. - 3:00 p.m., Ages 5-12, \$60.

Creative Kids Thanksgiving Week Camp- Nov. 20-22, 9:00-3:00, Ages 5-12, \$180.
Kids will have a great time creating with reusable materials in the Green Art Labs Camp. STEAM learning: designing, planning, creative thinking, problem solving, collaborating and hands-on fun while learning about sustainable ways to live lightly on our planet. Take home what you make. Snack included. Studio time and park outing for lunch and playtime. Sign up soon as this is a day off for most school-aged kids.

For more info and sign up contact Joan Green: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

YES! **Grow Your Own Art Practice in 2018** - Sunday, January 14th, 1:00 p.m. - 5:00 p.m., \$75. Have you had the idea that making some sort of art REGULARLY would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop is designed to help you get started and keep going! Can be in any disciplines of art: visual, dance, music, writing or drama. Small investment in living a BIG life! No art experience needed! Info/RSVP: Tish 619-251-8474 or tish@ExpressiveArtsSanDiego.com.

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 or tish@ExpressiveArtsSanDiego.com

Visioning Journal Group - New Group will Start in January! 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! RSVP— Payment holds your spot. RSVP/info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Regular Event Descriptions

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

*** 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 - October 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.

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

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 **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 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 Availability**

GREAT GIFT ITEMS!

- Passes
- Gift Certificates
- Scribble Book
- Art, Cards, Magnets and More!

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