



# DECEMBER Offerings

End the Year ARTFULLY!  
(And De-stress!)

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Offerings included in the <b>30-Day Express Pass Only \$99</b> (\$250+ value!)</p>		<p><b>BOOK A DATE NOW FOR YOUR BEST EVER HOLIDAY, BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN HAVE YOUR OWN ART SHOW!</b> <small>No art experience needed by your guests!</small></p>		1	2 Afternoon Private Event
3 <b>SONO Fest &amp; Chili Cook-Off!</b> 11:00 a.m.-5:00 p.m.	4 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-3:00 pm <b>Creative Kids!</b> 3:30-5:00 pm	5 <b>*Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm <b>Let's Listen</b> 6:30 - 8:30 p.m.	6 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	7 <b>New Visioning Journal Groups</b> start January 4th, sign up now!	8	9 <b>Paint, Sculpt, Collage</b> 10:30 a.m.-12:30 p.m. <b>2nd Saturday Family Creators</b> 1:00-3:00 pm
10 <b>*Art Church</b> 10:00 a.m.	11 <b>Creative Families!</b> 10:00-11:00 a.m. <b>Creative Kids Mini-Veterans Day Camp</b> 2:00-5:00 pm	12 <b>*Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm <b>*Music Collective</b> 7:00 -9:00 p.m.	13 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	14 <b>New Visioning Journal Groups</b> start in January 4th, see back side for details!	15	16 <b>Studio Holiday Party! A FREE Community Event</b> 6-9:00 p.m.
17 <b>2018 Envisioned - Vision Board Workshop</b> 2:00 - 5:00 p.m.	18 <b>Creative Kids Winter Break Camp</b> 9:00 am-3:00 pm <b>NO Open Studio</b>	19 <b>Creative Kids Winter Break Camp</b> 9:00 am-3:00 pm <b>*Women's Expression Session</b> 10a.m. <b>Let's Listen</b> 6:30 - 8:30 p.m.	20 <b>Creative Kids Winter Break Camp</b> 9:00 am-3:00 pm <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	21 <b>Creative Kids Winter Break Camp</b> 9:00 am-3:00 pm	22 <b>Creative Kids Winter Break Camp</b> 9:00 am-3:00 pm <b>*Art Happy Hour</b> 7:00 -11:00 p.m. (Come make last minute gifts & cards)	23
24 <b>*Art Church</b> 10:00 a.m.	25 <b>Make art part of your day with family &amp; friends!</b> Christmas	26 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	27 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	28 <b>New Visioning Journal Groups</b> start January 4th, sign up now!	29	30

**NEW YEAR'S EVE Art Happy Hour** 7:30 -12:30 a.m.

**New Year's Eve Art Happy Hour** Sunday, December 31st, \$45/person. Bring in the new year ARTFULLY!

See back for MORE & THE DETAILS for our REGULAR EVENTS

## UPCOMING SPECIALTY OFFERINGS:

**NEW Creative Families 2nd Saturdays** - Saturday, December 9th, 1:00 - 3:00 p.m. \$25 per family per class. Spend quality creative time with your whole family in this process-based art class. Explore art stations at the studio that include new projects each month such as painting, creating with reusable materials, family arts, **holiday creations, gift making and more**. This class is hands-on and fun for the whole family. All supplies included and you get to take home your creations. Contact: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

**NEW Paint, Sculpt, Collage** - Saturdays, December 9th & January 6th, 10:30 a.m.-12:30 p.m., \$20 each class. Join us for a fun art class; a creative facilitation of art making. Learn to create effortlessly and with ease! Facilitated by: Saedeh Bani Rahimi, M.A., Expressive Arts Therapist. For info and RSVP contact Saedah at: saeedbaniart@gmail.com or (858) 245-3786.

**NEW 2018 Envisioned - A Vision Board Workshop** - Sunday, December 17th, 2:00-5:00 p.m., \$45, includes all materials. Join Set your intentions for the New Year! Join Elizabeth Jacobowitz, Expressive Arts Therapist, to create your own visual expression of your 2018 goals or just gather the images that attract you and you want more of in your life. Bring your vision out of your head and into reality. Live with intention! For Info contact: elizabeth@embodimentarts.com, 619-417-2373. To sign up: embodimentarts.squarespace.com/registration/

**Join Us!** **Studio Holiday Party! Saturday, December 16th • 6:00 - 9:00 p.m.** Come make winter art and get festive! Artful Sweater Contest, too! (Embellish a sweater with your creativity!) **A FREE community event open to all ages!** **FUNK!**

**For KIDS** **Creative Kids Winter Break Camp** - December 18th -22nd , 9:00 a.m. – 3:00 p.m., \$300. (1/2 day options available.) 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

### NEW VISIONING JOURNAL & WRITING SUPPORT GROUPS Start in January! See Back for Info!

**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! 2018 Groups are right around the corner and they fill fast!

Join Us!

**Visioning Journal Groups - New 12-Week Group Starts January 4th** Thursdays, 1/4/18- 3/22/18. Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$450. 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 intention alive, as you work toward it. 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

Join Us!

**So You Want to Write a Book? New Group Starts January 8th!** Mondays, 1/8/18- 3/26/18, 6:00 - 8:15 p.m., **12-week commitment**, \$450. 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, support and receive support from 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, 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 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!

**Let's Listen - 1st & 3rd Tuesdays - 6:30 - 8:30 p.m., \$10 donation.** 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

**\* 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 - December 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. Use the arts to have a conversation with yourself and connect to our longings and gifts.

### 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 Availability

### GREAT GIFT ITEMS!

- Passes
- Gift Certificates
- Scribble Books
- 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 **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

**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