

April Offerings

April Showers you with chances to make ART!"

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	3 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	4 Earlybird Deadline for Writing groups & Visioning Groups...Sign up by TODAY and SAVE! *Paint to Music 6pm *Open Studio 7:30-9:00 pm	5 Visioning Journal Groups New Groups start April 12th (See below for info!)	6	7
8 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	9 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	10 *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 10 Wk Visioning Journal Groups start TODAY! Must sign up! Choose 11:00am - 1:00pm or 6-8pm	13	14 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarascols.com
15 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarascols.com	16 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30 pm NEW 10 Wk Writing Group Starts 6:00-8:15p	17 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm Drop-Off Art for Last Straw Show 5-7	18 NEW 10 Wk Writing Group Starts 10:00am *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19	20 Painting in Oil or Acrylic 10:30am- 1:30 p.m. THE LAST STRAW Show Opening & Movie A FREE Event 6-9:00 p.m.	21 Paint, Sculpt, Collage 10:30 a.m.-12:30 p.m.
22 *Art Church 10:00 a.m.	23 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	24 *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	27 Painting in Oil or Acrylic 10:30am - 1:30 p.m. *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	28
29	30 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm		BOOK A DATE NOW FOR YOUR BEST EVER PARTY! No art experience needed by your guests!	 *Offerings included in the 30-Day Express Pass Only \$99 (\$300+ value!)		

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

NEW GROUPS STARTING! Earlybird SIGN UP 4/4!

NEW! DAY OR EVENING Groups to Choose From!

Visioning Journal Groups - New 10-Week Group Starts April 12th Thursdays - Sign up for **Morning Group**: 11:00 am - 1:00 pm **OR Evening Group**: 6:00 - 8:00 pm, \$380 **EARLYBIRD by 4/4**, \$420 after 4/4. (Includes your basic materials.) Set your intention 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 and art alive. And, make art in a supportive community! No experience needed, just the desire to take your life and your art making deeper! RSVP/info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

So You Want to Write a Book? New 10-Week Group Starts April 16th! Mondays Evenings, 6:00 - 8:15 p.m., **OR Wednesday Mornings**: 10:00a - 12:15pm. **10-week commitment, \$380 EARLYBIRD by 4/4**, \$420 after 4/4. Have you had the idea that you would like to write a book, or write anything? This 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 or even how to write. Writing is a solitary process, the group can help you feel connected and supported by others. RSVP/info, Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Painting in Oil or Acrylic - 5 meetings, Fridays 10:30 a.m. - 1:30 p.m., April 20, 27 & Sundays 1:00 - 4:00 p.m., April 8th, May 13 & 18. \$40/class, (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

Paint, Sculpt, Collage - Saturday, April 21st, 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.

Join Us! THE LAST STRAW - Making Trash Visible - Show Opening & STRAWS Movie Presentation
Friday, April 20th • 6:00 - 9:00 p.m. A FREE community event! We are bringing awareness to plastics and the epidemic they are causing our oceans. Plastic pollution is killing our sea life and creating a blight to our beaches.
ARTIST CALL FOR ENTRY: For Consideration bring your Ocean Themed Plastic Art: Monday, April 16th, 1:00 - 3:00 p.m. or Tuesday, April 17th 5:00 - 7:00 p.m. Or call to make other arrangements. Ocean trash available at studio if you want to use.
Info: joan@greenartlabs.com, (619) 206-6613

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

You
DESERVE
the BEST
EVER Event!

**BOOK A DATE NOW FOR YOUR BEST EVER
BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT!
EVEN HAVE YOUR OWN ART SHOW!**

No art
experience
needed by
your guests!



Creative Kids SUMMER Camps • June 18-22, 2018 • June 25-29, 2018 • August 20-24, 2018
9:00 a.m. – 3:00 p.m., Ages 5-12. \$300 per week of camp or \$60 per day. 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, camps fill fast!

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

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!
- * **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 - April 27th, 7-11:00 p.m., \$20,** Drop-in for all or a little. Kindergarten for adults! Great way to start your weekend, girls nite out, date night, birthday celebration or just to play. 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. This is not religious yet if you want to make connections to your own religion, you can.

FOR KIDS:

Creative Families - Parent and toddler ages 2-5, Mondays, 10:00 a.m.-Noon.
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!



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