

May Offerings

MAY you make time to express yourself!

NO PREVIOUS ART EXPERIENCE NEEDED!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the 30-Day Express Pass, Only \$99 (\$300+ value!)	1 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	2 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	3 New Visioning Journal Groups start July 12th & September 20th! Get info now!	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 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarasicals.com	7 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	8 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	9 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	10 New Visioning Journal Groups start July 12th & September 20th! Get info now!	11	12 THE LAST STRAW Show Artist Talk & Movie A FREE Event 6-9:00 p.m.
13 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m. NEW MOON WOMEN'S CIRCLE 4:30-6:30 pm	14 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30 pm	15 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	16 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	17 New Visioning Journal Groups start July 12th & September 20th! Sign up now!	18 Painting in Oil or Acrylic 10:30am- 1:30 p.m. Inner Wild Immersion for Women 6-8:30 p.m.	19 Inner Wild Immersion for Women 9:00 a.m.-4:00 pm
20	21 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30 pm	22 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	23 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	24 New Visioning Journal Groups start July 12th & September 20th! Sign up now!	25 *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	26
27 *Art Church 10:00 a.m.	28 Make ART part of your day with family & friends! Memorial Day	29 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	30 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	31 New Visioning Journal Groups start July 12th & September 20th! Sign up now!	Book A Date Now For Your BEST EVER Birthday, Friend/Family Gathering Or Organization Team Building Event! Even Have Your Own Art Show!	

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

Join Us! **THE LAST STRAW - Making Trash Visible - Artist Talk, Reception & STRAWS Movie Presentation**
Saturday, May 12th • 6:00 - 9:00 p.m. (Straws Movie at 6:30 p.m., Artist talk at 7:00 p.m.) A FREE community event! We are bringing awareness to plastics and the epidemic they are causing our oceans and our earth. Plastic pollution is killing our sea life and creating a blight to our beaches. **ARTFUL CHALLENGE:** Create a fashion statement or accessory out of your plastic recycling or from plastic beach trash that you pick up—and wear it to the event! Get creative!

NEW! **New Moon Women's Circle** - Sunday, May 13th, 4:30-6:30pm, \$20 suggested exchange. In circle, we gather together to be seen, heard, and witnessed by ourselves and one another. Tuning inward, we create sacred space with goddess cards, guided meditation, creative visualization and expression, sharing, and intention setting rituals to connect deeper to ourselves and our community of women. Find out more at www.thewildwomanproject.com. Contact: Nikki Scheidt, 917-803-9581 or nikkischeidt@yahoo.com.

Inner Wild Immersion for Women - May 18th, 6-8:30 p.m. & May 19th 9:00 a.m.-4:00 pm, \$249. Your potential in this life is unlimited. But you must claim all that is yours, including and most importantly, your inner wild. We forget that this quality inside of us is what inspires and propels us in life. When we squash it or hide it, we shrink. We get stuck. Life looks like a rut where we are constantly tired and busy. Luckily, we are never that far from ourselves. Come be reminded of who you are as you dive into your own creative reservoirs and (re)discover your inner wild through art, creative expression, and personal exploration. Contact: Jennifer Pennell, jennifer@shinelevity.com, (619) 356-1147.

NEW! **Fade Into Color, After The Dark-A Solo Art Exhibition by Luz Maria Clayton**—Opening Reception Saturday, June 2nd, 5-9 p.m. Free admission, family friendly. Curated by Jennifer Cooksey. Come see my struggle with anxiety/depression translated into art. **I have found the medication that doesn't com in a bottle.** Art has allowed me to deal with the day to day struggles brought on by the emotional set backs that depression brings. I want to share how art can heal and provide an outlet for dark thoughts. Now when I cry, my tears are not just blue, but a variety of colors. I can print them onto paper and share them with family, friends and now, the community. For purchase inquiries contact Luz Maria Clayton at (619)997-5726 or lucykins26@gmail.com. On display until Saturday, June 9th during open studios of by appointment.

Join Us! **Painting in Oil or Acrylic** - \$40/class. See calendar above for dates. This relaxed supportive class will introduce you (or refresh you) to the basics of painting on canvas. 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

KIDS! **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

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! Summer is right around the corner and offerings fill fast!



Donna Otter will be back in town for a storytelling workshop & show! July 7th (workshop & individual sessions during day, show at night.) Details to come! Contact Donna for more information or to show your interest: dotter336@gmail.com, patreon.com/donnaotter

**NEW!
DAY OR
EVENING
Groups
to
Choose
From!**

MINI-Visioning Journal Group - SUMMER 6-Week Group! - Thursdays, July 12th - August 16th, \$275 Earlybird by 6/10/18, after \$330. Sign up for **Morning Group:** 10:00 a.m. - 12:30p.m. **OR Evening Group:** 6:00 - 8:30 p.m. (a little longer for more time to play!) Set your summer intention and work with it in a mini journal or continue work in your regular journal. We will play with techniques and explore thinking outside the box/book with our journals! This will be a playful, vibrant, personal, satisfying way to keep your summer intention alive! No experience needed. Contact Tish for info 619-251-8474, tish@ExpressiveArtsSanDiego.com. Price includes all basic materials needed! Let's PLAY!

So You Want to Write? 6-Week BOOT CAMP! Mondays, July 9th - August 13th, 6:00 - 8:30 p.m. **OR** Wednesdays 10:00am - 12:30pm. \$275 Earlybird by 6/10/18, after, \$330. We will meet once a week & then you will receive writing prompts throughout the week! A fun summer writing experience to work through stuck-ness, celebrate successes, receive support. This is not a how to write class, and we will do writing exercises that will help you find your voice. Writing is a solitary process, the group can help you feel connected & supported. You do not need to know what you want to write or have any writing experience! RSVP & info, contact Tish: 619-251-8474 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 1st (this month only!) & 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 - May 25th, 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!

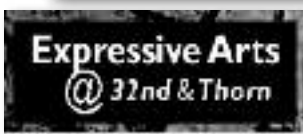
- **CUSTOM WORKSHOPS for Your Organization - Facilitated art making that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.**
- **Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, bachelorette 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
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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