



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the 30-Day Express Pass, Only \$99 (\$300+ value!)	<b>Book A Date Now For Your BEST EVER Birthday, Friend/Family Gathering Or Organization Team Building Event! Even Have Your Own Art Show!</b>		No art experience needed by your guests!	1	2 Fade Into Color After the Dark Show Opening 5-9:00 p.m.
3 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	4 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	5 *Women's Expression Session 9:00 a.m.-11:00 a.m. NOTE SPECIAL TIME THIS WEEK ONLY! Creative Kids! 3:30-5:00	6 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	7 New Visioning Journal Groups start July 12th & September 20th! Sign up now! (See back.)	8 2-DAYS until Early Bird SIGN UP ends for SUMMER Writing & Visual Journal Groups! (See back!)	9
10 *Art Church 10:00 a.m. NEW MOON WOMEN'S CIRCLE 4:00-6:00 pm	11 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30 pm	12 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 *Music Collective 7:00 -9:00 p.m.	13 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	14 New Visioning Journal Groups start July 12th & September 20th! Sign up now! (See back.)	15 An Evening of Mystical Tales! 6:30 -9:00pm	16 Multicultural Dance Class 11:00am - 1:00 p.m. 3rd Saturday: ARTISTS OF NORTH PARK SHOW OPENING A FREE Event 6-9:00 p.m.
17 Painting in Oil or Acrylic 1:00 - 4:00 p.m. Father's Day	18 Creative Kids Summer Camp 9:00 a.m. - 3:00 p.m. Monday - Friday	19 *Women's Expression Session 10a.m.-Noon	20 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	21 New Visioning Journal Groups start July 12th & September 20th! Sign up now!	22 *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	23 Music Collective CONCERT 7:00 -9:00 p.m., \$10 donation
24 *Art Church 10:00 a.m.	25 Creative Kids Summer Camp 9:00 a.m. - 3:00 p.m. Monday - Friday	26 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	27 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	28 New Visioning Journal Groups start July 12th & September 20th! Sign up now!	29 I will be volunteering at Stand Down! You can, too!	30

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

**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. For purchase inquiries contact Luz Maria Clayton at (619)997-5726 or lucykins26@gmail.com. On display until June 9th.

**Painting in Oil or Acrylic** - New 8wk class begins Sunday, June 3rd. \$40/class. 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 to register at 619-528-9188 or 619-395-5847 for texting or e-mail therese.rossi@sbcglobal.net

**New Moon Women's Circle** - Sunday, June 10th, 4:00-6:00pm, \$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.

**AN EVENING OF MYSTICAL TALES** - Friday, June 15th, 6:30 - 9:30 p.m., \$49 in advance, \$59 at the door. In this enchanting evening, we will start with a check in. What's been holding you back, and what do you want to shift? Intuitive, Anna Celestino, will then pull a unique story that holds healing for all present. Tish McAllise Sjoberg, will then guide you through a simple art process. A gentle, yet powerful healing process to clear blocks and find more personal freedom. RSVP & info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**Multicultural Dance Class** - Saturday, June 16th, 11:00 a.m. - 1:00 p.m., \$30 or \$25 if registered by June 6th. Join us in a group Dance class and explore styles from diverse cultures. Discover music and dance movements from different places in the world. Persian dance, Bandari, Belly Dance, Zurba the Greek, Latino, Salsa, Hava Nagila and others. The Dance follows by an hour of Open Studio Expressive Painting. No dance or paint experience needed! This class is facilitated by Saedeh Bani Rahimi. For more information contact saedebaniart@gmail.com or (858) 245-3786.

**ARTISTS OF NORTH PARK SHOW\* OPENING**

**Saturday, June 16th • 6:00 - 9:00 p.m. A FREE community event! Chance for you to make art, too!**

**CALL FOR ENTRY** Visual Artists Deliver Work: Sunday, June 10th, 12:30-2:00 p.m. or Monday, June 11th, 1:00-3:00 p.m.

Or make other arrangements. **Performing Arts:** Show up at the opening! This is a supportive show to help artist meet artist and create stronger community between us. Past shows have created friendships, collaborations, community awareness of who is making art in our little part of the world and encouraged the neighborhood to collect art from the artists in the hood. **\*Artists who live, work or created their art in the 92104 zip**

**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. **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.

# SUMMER GROUPS! Summer is HERE and offerings fill fast!

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

**MINI-Visioning Journal Group - SUMMER 6-Week Group!** - Thursdays, July 12th - August 16th, \$275 Early bird by 6/10/18, after \$330. Sign up for Morning Group: 10:30 a.m. - 1:00p.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, 7/9/18 to 8/13/18, 6:00 - 8:30 p.m. **OR** Wednesdays, 7/11 to 7/15 10:00am -12:30pm. \$275 Early bird 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 - 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

**YES!** **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

## 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 - 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!**

**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  
**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