

# July Offerings

**HOT SUMMER ART Opportunities!**

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	2 <b>1 Hour Longer for Summer!</b> *Open Studio Noon-3:00 pm	3 *Women's Expression Session 10a.m.-Noon	4 <b>Independence Day!</b> Celebrate your independence through art!	5 New Visioning Journal Groups start NEXT WEEK! Sign up now!	6	7 ♥♥ STORYTELLING Workshop with Donna Otter 10:00am - 1:00pm
8 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	9 *Open Studio Noon-3:00 pm <b>So, You Want to Write? New Group Begins Tonight!</b> 6:00-8:30 p.m.	10 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00-9:00 p.m.	11 <b>So, You Want to Write? New Group Begins Today!</b> 10 a.m. - 12:30 p.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	12 <b>NEW 6 Wk MINI Visioning Journal Groups Starts Today!</b>	13	14
15 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	16 *Open Studio Noon-3:00 pm	17 *Women's Expression Session 10a.m.-Noon	18 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19 New Visioning Journal Groups start September 20th! Sign up now! (See back.)	20	21 Let's Scribble Workshop at the Expressive Arts Institute in Pt. Loma 10:00 a.m. - 12:30 p.m. <b>3rd Saturday: ARTISTS OF NORTH PARK SHOW Artist Talk &amp; Open Mic A FREE Event 6-9:00 p.m.</b>
22 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	23 *Open Studio Noon-3:00 pm	24 *Women's Expression Session 10a.m.-Noon <b>*Paint to LIVE Music (A collaboration with the Music Collective)</b> 6:30-8:30 p.m., \$25. MUST RSVP!	25 <b>Private Event Tonight</b> (Paint to Music on the 24th)	26 New Visioning Journal Groups start September 20th! Sign up now! (See back.)	27 <b>*Art Happy Hour</b> 7:00 - 11:00 p.m. (Singles, couples, friends, family!)	28
29 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	30 *Open Studio Noon-3:00 pm	31 *Women's Expression Session 10a.m.-Noon				<b>*Offerings included in the 30-Day Express Pass, Only \$111 (\$350+ value!)</b>

## UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

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

**Join Us!**

**MINI-Visioning Journal Group - SUMMER 6-Week Group!** - Thursdays, 7/12 - 8/16, \$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 vibrant, personal, satisfying way to keep your intention alive! No experience needed. Contact Tish for info 619-251-8474, tish@ExpressiveArtsSanDiego.com. Price includes all basic materials needed! Let's PLAY with the images of our life!

**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 8/15 10:00am -12:30pm, \$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

**Painting in Oil or Acrylic** - Sundays, through August 5th. \$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! Playing with Stories: Storyteller's Potluck Brunch** - Saturday, July 7th, 10:00 a.m. - 1:00 p.m., \$60 (\$50 for Patrons)\* A more intimate and casual way to play with stories. Donna will guide you through a "conversation" made of personal stories, and then we will bring imagery to our story, with collage and sand tray figures, inviting hidden emotions and meaning, while also experimenting with images as supports for remembering our story on stage. You don't need to come with a particular story in mind.

**Individual Story Sessions** - Saturday, July 7th, 1:30-4:30 p.m. One-on-one hour with Donna to get to the emotional essence, understand what it's really about, and find ways to connect with your listeners, whether they're friends, family, or a paying audience. \$75 Must reserve in advance. For info and sign up contact Donna Otter: dotter336@gmail.com or call 619-546-4730. \*Ask me about becoming a Patron

### ARTISTS OF NORTH PARK SHOW\* Reception, Artist Talk & Open Mic

**Saturday, July 21st • 6:00 - 9:00 p.m. A FREE community event! Artist Talk & Open Mic will begin at 7:30 p.m. Chance for you to make art, too! \*Artists who live, work or created their art in the 92104 zip code.**

**Join Us!**

**KIDS**

**Creative Kids SUMMER Camps** • August 20-24, 2018, 9:00 a.m. - 3:00 p.m., Ages 5-12. \$300/week or \$60 per day. 1/2 days 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. **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!**

## SIGN UP NOW FOR FALL GROUPS!

**Visioning Journal Group - NEW 12-Week Closed Group** - Thursdays, September 20th - December 13th, \$540. Sign up for **Morning Group**: 11:00 a.m. - 1:15 p.m. **OR Evening Group**: 6:00 - 8:15 p.m. (a little longer for more time to play!) 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/info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**So You Want to Write? 12-Weeks** starting Mondays, 9/17/18 to 12/3/18, 6:00 - 8:15 p.m. **OR** Wednesdays, 9/19 to 12/5 10:00am - 12:15pm, \$540. **12-week commitment**, \$489. 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 \$111

### \* Open Studios - This Month: Mondays, Noon-3:00 p.m. & Wednesdays 7:30-9 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. \$15.

**\* Women's Expression Session - Tuesday** 10:00 - Noon, \$25. How are you at taking time for you? This is an attitude adjustment with art- you can de-stress from life or 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., \$15 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 - Wednesdays (Except SPECIAL LIVE MUSIC event Tuesday, 7/24)** 6:00 - 7:30 p.m., \$25. 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** - July 27th, 7-11:00 p.m., \$25, 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, \$25. 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: New Classes start September 10th!

**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.

No art experience needed by your guests!

**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