


August Offerings

Keep COOL through ART!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	*Offerings included in the 30-Day Express Pass, Only \$111 (\$340 value!)	1 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	2 3 4 The Cosmic Download/Live: Where Do We Go From Here? 1-4 p.m.	6 1 Hour Longer for Summer! *Open Studio Noon-3:00 pm	7 *Women's Expression Session 10a.m.-Noon	8 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm
12 *Art Church 10:00 a.m.	13 *Open Studio Noon-3:00 pm	14 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	15 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	16 New Visioning Journal Groups start September 20th! Sign up now, early bird deadline is September 1st!	17 18 Eye See Me Self(ie) Portrait SHOW Opening A FREE Event 6-9:00 p.m.	19 Painting in Oil or Acrylic 1:00 - 4:00 p.m.
26 *Art Church 10:00 a.m.	20 Creative Kids Summer Camp 9:00 a.m. - 3:00 p.m. Monday - Friday	21 *Women's Expression Session 10a.m.-Noon	22 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	23 24 *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	25 *Open Studio 7:30-9:00 pm	27 *Open Studio Noon-3:00 pm New Writing Groups start September 17th! Sign up now, early bird deadline is September 1st!
	28 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	29 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	30 New Visioning Journal Groups start September 20th! Sign up now, early bird deadline is September 1st!	31 *Open Studio 7:30-9:00 pm Early Bird SIGN UP ends TOMORROW for Writing & Visual Journal Groups! (See back!)		

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

YES! **THE COSMIC DOWNLOAD/LIVE: WHERE DO WE GO FROM HERE? An essential roadmap for these turbulent times.** - Saturday, August 4th, 1:00 - 4:00 p.m., \$35. Astrologer Simone Butler and Intuitive Anna Francesca Celestino of the popular Cosmic Download Podcast will take a fun and revelatory look at where we've been, where we are now and where we go from here in these turbulent times. You'll also get personal intuitive guidance from Anna and wise counsel from Simone on how the upcoming astro events may affect you. SPACE IS LIMITED BECAUSE OF THE PERSONAL READINGS. SAVE YOUR SPOT NOW! For more info go to: AnnaCelestino.com

Painting in Oil or Acrylic - Sundays, 1:00 - 4:00 p.m., \$40/class. New class starts in Sept! 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 text or e-mail therese.rossi@sbcglobal.net

NEW! **Women Connect Over Tea** - Thursday, August 9th, 6:30 - 8:00 p.m., Donation base (\$10 Recommendation) Short and sweet meet! Meet some amazing new women as a wrap up to your long day. Let's connect with one another over tasting tea! (Sponsored by Tea Time.) We'll have an informal tea ceremony then a social session while we chat over tea tasting! Light snacks will be provided. This is a donation based gathering with a \$10 recommendation for the studio to allow us to use their creative space. Can't wait to meet some amazing new women and we hope to see you there!!! RSVP to Adonis: afgonzalez133@gmail.com or 619-664-6379.

Join Us! **EYE SEE ME a Self(ie) Portrait Show OPENING - How do artists see themselves?**
Saturday, August 18th • 6:00 - 9:00 p.m. A FREE community event! Chance for you to make art, too!
CALL FOR ENTRY Artists Deliver Work: Sunday, August 12th, 12:30-2:00 p.m. or Monday, August 13th, 1:00-3:00 p.m. Or call for other time.

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.

Creative Kids After School Class (Ages 5 and up) Mondays, 3:30-5:00 p.m., 9/10-11/5 (9 weeks)
 Tuesdays, 3:30-5:00 p.m., 9/11-11/13 (10 weeks)

Creative Families (Ages 2-5 with adult) Mondays 10:00 a.m. -Noon, 9/10-11/5 (9 weeks)

Contact: Joan Green: joan@greenartlabs.com, (619) 206-6613. www.GreenArtLabs.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

SIGN UP NOW FOR FALL GROUPS! *Early Bird Special - Sign-up by September 1st!*

YES!

DAY OR EVENING Groups to Choose From!

✓ Visioning Journal Group - NEW 12-Week Closed Group - Thursdays, September 20th - December 13th, \$480 Early bird before 9/1, \$540 after 9/1. Choose Morning Group: 11:00 a.m. - 1:15 p.m. **OR** Evening Group: 6:00 - 8:15 p.m. (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! Can become a life-long practice that is vibrant, personal, satisfying and keeps your visions alive. 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-Week Support Group starts 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**, \$480 Early bird before 9/1, \$540 after 9/1. 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** - 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** - August 24th, 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 with art. Leave with original art that you created! No art experience needed!

*** 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 :)

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

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!

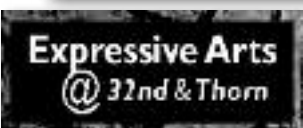
- **CUSTOM WORKSHOPS** for Your Organization - Facilitated art making that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.
- Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, bachelorette 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)
Non-Facilitated Party Space Rental (\$50/hr)

GREAT GIFT ITEMS!
Passes
Gift Certificates
Scribble Books
Art, Cards, Magnets and More!

Skype & Phone Sessions, too.
Expressive Arts Therapy
Individuals, Couples & Families
NO ART EXPERIENCE NEEDED!
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



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

©2018 Tish McAllise Sjoberg / Art Helps Art Heals / Expressive Arts @ 32nd & Thorn / Expressive Arts San Diego
• Schedule subject to change, call to RSVP and confirm • Work/study available, when possible, no one turned away for lack of funds