

September Offerings

Get Back to Your ART!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the 30-Day Express Pass, Only \$111 (\$350 value!)		BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!			1 Last Day for Early Bird SIGN UP for Writing & Visioning Journal Groups! (See below!)
2	3 New 12 Wk Writing Group starts in 2 weeks! Sign up today!. See below. Labor Day	4 *Women's Expression Session 10a.m.-Noon	5 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	6 New Visioning Journal Groups start on the 20th, Morning or Evening groups. Still time to sign up! Don't miss out!	7	8
9 *Art Church 10:00 a.m.	10 Creative Families! 10:00-Noon *Open Studio 12:30-3:00 pm Creative Kids! 3:30-5:00 pm	11 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	12 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	13 WOMEN CONNECT OVER TEA 6:30 - 8:00 p.m.m	14 Igniting the Flame Rediscovering Your Passion 9:30-11:30 a.m.	15
16	17 Creative Families! 10:00-Noon Creative Kids! 3:30-5:00 pm *Open Studio 12:30-3:00 pm New 12-wk Writing Group starts TONIGHT! RSVP	18 *Women's Expression Session 10a.m.-Noon	19 New 12-wk Writing Group starts 10:00am! RSVP *Paint to Music 6:00 *Open Studio 7:30-9:00 pm	20 New 12-week Visioning Journal Groups Start TODAY! RSVP 11:00 a.m. - 1:15 p.m. or 6:00 p.m. - 8:15 p.m.	21 Igniting the Flame Rediscovering Your Passion 9:30-11:30 a.m.	22 Envision Fall Vision Board Wkshp 1:00 -5:00 p.m. Eye See Me Self(ie) Portrait SHOW Artist Talk & Reception A FREE Event 6-8:30 p.m.
23 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	24 Creative Families! 10:00-Noon *Open Studio 12:30-3:00 pm	25 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.	26 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	27	28 Igniting the Flame 9:30-11:30 a.m. *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	29
30 Painting in Oil or Acrylic 1:00 -	Creative Kids! 3:30-5:00 pm					

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

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

Women Connect Over Tea - Thursday, September 13th, 6:30 - 8:00 p.m., Donation (\$10 Recommendation) Short and sweet meet! Meet some amazing new women as a wrap up to your day. 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! Light snacks will be provided. RSVP to Adonis: afgonzalez133@gmail.com or 619-664-6379.

NEW! Igniting the Flame-Rediscovering Your Passion - Fridays, September 14-November 16, 9:30-11:30 a.m. (does not meet on Oct 12 or Nov 9) \$190 for 8-session series* * Try the first class on Sept 14thfor \$30! Have you lost inspiration? We will explore the theme of tending the fire, exploring what inspires us, drives us and moves us into action in this 8-session expressive arts group No artistic experience is necessary! Contact Elizabeth Jacobowitz, MA, Expressive Arts Therapist. with questions at 619-417-2373, EmbodimentArts.com/envision/

NEW! Envision Your Autumn- Saturday, September 22nd, 1:00-5:00 p.m., \$55. Bring your vision out of your head and into reality! Start by setting your intention and expressing it through visual art in this afternoon workshop. Your vision board is an opportunity to define and clarify the path you want to take and can be used to remind you of your intentions throughout the upcoming months. Our primary art form will be collage. No artistic experience is necessary! Contact Elizabeth Jacobowitz, MA, Expressive Arts Therapist. with questions at 619-417-2373, EmbodimentArts.com/envision/

Painting in Oil or Acrylic - Sundays, 1:00 - 4:00 p.m., New class starts in Sept. 23rd! 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

Join Us!

EYE SEE ME a Self(ie) Portrait Show Artist Talk & Reception
Saturday, September 22nd • 6:00 - 8:30 p.m. A FREE community event! Chance for you to make art, too!
Artist Talk will begin at 7:00 p.m. Come here how creating a self portrait is for artists!

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!



For KIDS

Creative Kids After School Class - (Ages 5 and up) Mondays, 3:30-5:00 p.m., 9/10-11/5 (9 weeks) and Tuesdays, 3:30-5:00 p.m., 9/11-11/13 (10 weeks) 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 Families - (Ages 2-5 with adult) Mondays 10:00 a.m. -Noon, 9/10-11/5 (9 weeks) This sensory and process-based art class will bring out the shared joy of creating with your child as you explore 5 art stations inside the studio that include paint, sewing, sandplay, clay, paper art, dance, music, nature art and more. This class is hands-on and fun for both child and parent.

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

Regular Event Descriptions

*Events included in the 30 Day Pass for \$111

- * **Open Studios - This Month: Mondays, 12:30-3:00 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** - September 28th, 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 your longings and gifts. This is not religious, yet if you want to make connections to your own religious beliefs, 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.

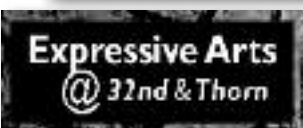
No art experience needed by your guests!

On-going studio rental for your classes, groups or private practice. (\$30/hr)
Non-Facilitated Party Space Rental (\$50/hr)

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!
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

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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