

October Offerings

Don't be SCARED of making art here, we make it easy!



NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!</p>	<p>1 Creative Families! 10:00-Noon</p> <p>*Open Studio 1:00-3:00 pm</p> <p>Creative Kids! 3:30-5:00 pm</p>	<p>2 *Women's Expression Session 10a.m.-Noon</p>	<p>3 *Paint to Music 6:00-7:30 p.m.</p> <p>*Open Studio 7:30-9:00 pm</p>	<p>4 New Visioning Journal Groups start January 10th, Morning or Evening groups. Sign up now! Don't miss out!</p>	<p>5</p>	<p>6 Spirit Dolls Workshop 1:00-4:00 p.m.</p>
<p>7 Painting in Oil or Acrylic 1:00 - 4:00 p.m.</p>	<p>8 Creative Families! 10:00-Noon</p> <p>*Open Studio 1:00-3:00 pm</p> <p>Creative Kids! 3:30-5:00 pm</p>	<p>9 *Women's Expression Session 10a.m.-Noon</p> <p>*Music Collective 7:00 -9:00 p.m.</p>	<p>10 *Paint to Music 6:00-7:30 p.m.</p> <p>*Open Studio 7:30-9:00 pm</p>	<p>11 New Visioning Journal Groups start January 10th, Morning or Evening groups. Sign up now!</p>	<p>12</p>	<p>13 Music Collective CONCERT 7:00 -9:00 p.m., \$10 donation</p>
<p>14 *Art Church 10:00 a.m.</p> <p>Painting in Oil or Acrylic 1:00 - 4:00 p.m.</p>	<p>15 Creative Families! 10:00-Noon</p> <p>*Open Studio 1:00-3:00 pm</p> <p>Creative Kids! 3:30-5:00 pm</p>	<p>16 *Women's Expression Session 10a.m.-Noon</p>	<p>17 *Paint to Music 6:00-7:30 p.m.</p> <p>*Open Studio 7:30-9:00 pm</p>	<p>18 New Visioning Journal Groups start January 10th, Morning or Evening groups. Sign up now! Plan ahead!</p>	<p>19 Parents Night Out - Kids come play! 5:00-9:00 p.m.</p>	<p>20 Art Adoption Buy Paintings for cheap!! Great gifts! A FREE Event 6-9 p.m.</p>
<p>21 Painting in Oil or Acrylic 1:00 - 4:00 p.m.</p>	<p>22 Creative Families! 10:00-Noon</p> <p>*Open Studio 1:00-3:00 pm</p> <p>Creative Kids! 3:30-5:00 pm</p>	<p>23 *Women's Expression Session 10a.m.-Noon</p> <p>*Music Collective 7:00 -9:00 p.m.</p>	<p>24 *Paint to Music 6:00-7:30 p.m.</p> <p>*Open Studio 7:30-9:00 pm</p>	<p>25 New Visioning Journal Groups start January 10th!</p>	<p>26 *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)</p>	<p>27 HEALING THROUGH MYSTICAL TALES 10:00 a.m. - 1:00 p.m.</p> <p>Masquerade Masks Workshop 1:30 - 4:30 p.m.</p>
<p>28 *Art Church 10:00 a.m.</p> <p>Painting in Oil or Acrylic 1:00 - 4:00 p.m.</p>	<p>29 Creative Families! 10:00-Noon</p> <p>*Open Studio 1:00-3:00 pm</p> <p>Creative Kids! 3:30-5:00 pm</p>	<p>30 *Women's Expression Session 10a.m.-Noon</p>	<p>31 *Paint to Music 6:00-7:30 p.m.</p> <p>Halloween</p> <p>*Open Studio 7:30-9:00 pm</p>	<p>*Offerings included in the 30-Day Express Pass, Only \$111 (\$400 value!)</p>		

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

NEW Spirit Doll Workshop - Saturday, October 6th, 1:00 - 4:00 p.m., \$20. Spirit dolls act as vessels for a quality you want to bring into your life. Love? Healing? Prosperity? Materials will be provided, but feel free to bring any fabrics, twine, jewelry, essential oils, doodads or meaningful materials to embellish your spirit doll. RSVP to Marie (619) 836-2116 or Tamara (719) 321-7142.

FUN! Music Collective Concert - Saturday, October 13th, 7:00 - 9:00 p.m., \$10 Donation. Come hear the regulars from the Music Collective! Some are seasoned performers, others may be playing for the first time. A supportive and fun evening for audience and musicians.

HEALING THROUGH MYSTICAL TALES - Saturday, October 27th 10:00 a-1:00 p.m., \$45. **Back by popular demand!** In this enchanting morning, we'll 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 from the Akashic Records that holds healing for all present. Once you've seen how the story relates to you, Expressive Arts Therapist Tish McAllise Sjoberg will guide you through a creative process to let go of the old and embrace a positive, new story. A gentle, yet powerful healing process to clear blocks and find more personal freedom. Contact Anna at celestino.anna@gmail.com or Tish at (619) 251-8474, tish@ExpressiveArtsSanDiego.com.

NEW! Masquerade Make-Up- Saturday, October 27th, 1:30-4:30 p.m., \$45. Create your own intricate or simple design. Many images will be shared to spark your imagination! Most make-up will be provided, but please bring your own liquid eyeliner, mascara, and, if you wish, false eyelashes. During this season of costumes, decide what aspects of your identity to enhance or bejewel, reveal or conceal. No artistic experience is necessary! RSVP *pre-registration required 1-week in advance. Contact Elizabeth Jacobowitz, MA, 619-417-2373, EmbodimentArts.com/masquerade-make-up/

Painting in Oil or Acrylic - Sundays, 1:00 - 4:00 p.m., New class started! 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! Contact Therese Rossi, MFA and Expressive Arts Therapist, for pricing. Call to register at 619-528-9188 or 619-395-5847 for text or e-mail therese.rossi@sbcglobal.net

Join Us! ART ADOPTION! Un-claimed, Un-named, Un-framed—Take it home for a steal! (Paintings starting at \$5)
Saturday, October 20th • 6:00 - 9:00 p.m. A FREE community event! Chance for you to make art, too!
We are going to wallpaper the studio with all the unclaimed art from the years plus other great art, all for CHEAP!
We will also have creative ideas to frame or repurpose the art you buy. Sure to be a FUN & PLAYFUL evening!

KIDS! Parents Night Out! (Ages 4 and up) Friday, October 19th, 5:00 - 9:00 p.m. \$40 per child. \$20 sibling. Parents, go have a great date night knowing your kids are having fun! Pizza, popcorn, sewing, trick or treat bags, movie - Bedknobs & Broomsticks (rated G)!

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 art stations like painting, sewing, clay, paper art, dance, music, & nature art. This class is hands-on and fun for both child and parent. **Contact:** Joan Green: joan@greenartlabs.com, (619) 206-6613. www.GreenArtLabs.com

Schedule subject to change, call to RSVP and confirm.

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See back for more offerings & info!

New Groups Forming - Plan ahead—Registration is open!

Visioning Journal Group - NEW 11-Week Closed Group - Thursdays, January 10th - March 21st, \$440 Early bird before 12/1, \$495 after 12/1. 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

DAY OR EVENING Groups to Choose From!

So You Want to Write? 10-Week Support Group starts Mondays, 1/14/19 to 3/18/19, 6:00 - 8:15 p.m. **OR** Wednesdays, 1/16/9 to 3/20/19, 10:00am -12:15pm. **10-week commitment**, \$400 Early bird before 12/1, \$450 after 12/1. 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, 1:00-3:00 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 - October 26th, 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: Check GreenArtLabs.com for upcoming CAMPS, too!

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

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
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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