


November Offerings

♥ Giving THANKS for the arts and how they support us!

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>*Offerings included in the 30-Day Express Pass, Only \$111 (\$300+ value!)</p>		<p>1 New Visioning Journal Groups start Thursday, January 10th, Morning or Evening groups. Sign up now! Don't miss out!</p>	<p>2</p>	<p>3</p>
<p>4 Painting in Oil or Acrylic 1:00 - 4:00 p.m.</p>	<p>5 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm</p>	<p>6 *Women's Expression Session 10a.m.-Noon</p>	<p>7 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>8 New Visioning Journal Groups start Thursday, January 10th, Morning or Evening groups. Sign up now! Don't miss out!</p>	<p>9 Art Adoption CLOSING Buy Paintings for cheap!! Great gifts! A FREE Event 6-8 p.m.</p>	<p>10 Tiki Art Show 5:00 -8:00 p.m. Free Community Event!</p>
<p>11 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m. Expression Sanctuary Open Mic 4:30-6:30p</p>	<p>12 Creative Kids Veterans Day Camp 9:00 am - 3:00 pm</p>	<p>13 *Women's Expression Session 10a.m.-Noon Creative Kids Mini Camp 12:15-5:00 pm *Music Collective 7:00 -9:00 p.m.</p>	<p>14 Creative Kids Mini Camp 12:15-5:00 pm *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>15 Creative Kids Mini Camp 12:15-5:00 pm</p>	<p>16 Creative Kids Mini Camp 12:15-5:00 pm</p>	<p>17 Shaping Your Story 10:00 a.m.-3:00 p.m. The Raum Show Opening: Sherri & Randolph Raum A FREE Event 6-9 p.m.</p>
<p>18 Painting in Oil or Acrylic 1:00 - 4:00 p.m.</p>	<p>19 Creative Kids Thanksgiving Camp 9:00 am - 3:00 pm</p>	<p>20 *Women's Expression Session 10a.m.-Noon Creative Kids Thanksgiving Camp 9:00 am - 3:00 pm Writing a Difficult Story 6:30 - 8:30 p.m.</p>	<p>21 Creative Kids Thanksgiving Camp 9:00 am - 3:00 pm *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>22 Happy Thanksgiving! Make art with family and friends!</p>	<p>23 *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)</p>	<p>24 #METOO Workshop for Women 10:00a -4:00p</p>
<p>25 *Art Church 10:00 a.m.</p>	<p>26 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm</p>	<p>27 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.</p>	<p>28 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>29 New Visioning Journal Groups start January 10th!</p>	<p>30 Create for Change - Climate Science Alliance Workshop Gratitude Mandalas 6-8 pm</p>	<p>SONO FEST Sunday, December 2nd 11a-5p</p>

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

- Join Us!** **ART ADOPTION!** Friday, November 9th • 6:00 - 8:00 p.m. **Un-claimed, Un-named, Un-framed—Take it home for a steal!** (Paintings starting at \$5) **Closing SALE A FREE community event!** Chance for you to make art, too! The studio is wallpapered with all the unclaimed art from the years plus other great art, all some as low as \$1! **Great CHEAP & CREATIVE gifts for the holidays or turn into the coolest wrapping paper!!** We will also have creative ideas to frame or repurpose the art you buy.
- FUN!** **Tiki Palm Mask Art Show-** Saturday, November 10th, 5:00 - 8:00 p.m., A FREE COMMUNITY EVENT. Hand painted palm fronds by neighborhood artist Sharon Tittle and other artists. Silent auction fun plus, try your hand at your own Tiki mask on a Tiki Doodle Table! **FUN for the whole family!**
- NEW!** **Expression Sanctuary** - Sunday, November 11th, 4:30-6:30 p.m., \$20 advanced, \$25 @ the door; limited space so it is advisable to pre-purchase. A facilitated open mic circle where all art forms are welcome and feelings are encouraged. Be held in a safe and supportive space designed for you to break through the fear, doubt and anxiety that is keeping you from sharing your Art, your Message and your Truth with the world. Expression Sanctuary will help you step more fully into your truest expression, reach deeper levels of confidence, and radiate more of your true power, in your art and in your life. For info and RSVP contact Flow and Andrew Belinsky: expressiontribe@gmail.com or (858) 414-7250 or www.expressiontribe.com
- Shaping Your Story** - Saturday, November 17th, 10:00 - 3:00 p.m., \$95 (\$80 for patrons*). This workshop is for you if you're a writer, storyteller, or want to understand the power and freedom of shaping your own narrative. Trust your story, and yet, perhaps you could try mistrusting the way you've been telling it? We will experiment, through writing, sandtray, and visual art, with different lenses through which to narrate our experience. Contact Donna Otter, 619-546-4730 or dottter336@gmail.com. *Patron: Someone who contributes a monthly amount to Donna's storytelling site.
- Join Us!** **Raum & Raum Show Opening** - Saturday, November 17th, 6:00 - 9:00 p.m., A FREE community event. Come enjoy the ceramic creatures by Sherri Raum and the intricate designs and pottery of Randolph Raum. Sure to be an **INSPIRING EVENING** of art! Chance for you to make art!
- NEW!** **Writing a Difficult Story**—Tuesday, November 20th, 6:30 - 8:30 p.m., \$35. A writing exploration "...to understand, shape, and honestly tell the difficult story is to touch the core of what it means to be human." (-Nieme & Ellis) Contact Donna Otter, 619-546-4730 or dottter336@gmail.com.
- YES!** **#METOO Workshop for Women** - Saturday, November 24th, 10:00 a.m. - 4:00 p.m., \$95. Were you stirred, angered, or outraged by the Kavanaugh hearings last month? Do you have memories and feelings you don't know what to do with? Join Expressive Arts Therapists, Tish McAllise Sjoberg and Donna Otter for a day of creative expression with emphasis on self care, comfort and empowerment. A chance to explore and gain new insight about ourselves and who we want to become. RSVP & info contact: Donna 619-546-4730, or Tish 619-251-8474.
- NEW!** **Create for Change Workshop** - Fridays, 6:00-8:00 p.m., 11/30 – GRATITUDE MANDALAS, 12/7 – Gift Making – NESTING BOXES FOR WILDLIFE, 1/18 – 2019 VISION SCULPTURES. Go green for the holidays and give this as an "experience gift" \$40 per person, per workshop \$100 for all three workshops. Register at: www.greenartlabs.com/create-for-change. For more info: joan@greenartlabs.com or (619) 206-6613.
- YES!** **Envision 2019** - Saturday, December 8th, 1:00-5:00 p.m., \$55, includes all materials. Create a vision board as an opportunity to define and clarify the path you want to take—either by illustrating a specific vision or collecting the images that attract you and letting your vision unfold. RSVP: Elizabeth Jacobowitz, MA, 619-417-2373, elizabeth@embodimentarts.com or EmbodimentArts.com/envision.

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** - November 23rd, 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 Veterans day & Thanksgiving Week CAMPS!

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
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