

New Groups Forming - Plan ahead—Registration is open!

DAY OR EVENING Groups to Choose

Visioning Journal Group - NEW 11-Week Closed Group - Thursdays, January 10th - March 21st, \$440 Early bird before12/1, \$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

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 From! 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 iust 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

MON

•CUSTOM WORKSHOPS for Your Organization - Facilitated art making that is easy, fun, creates community and can work with specific challenges of your No art experience organization. Also a great field trip for schools or scout troops. needed by Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, your guests! bachelorette parties, wedding showers, baby showers, even weddings and memorial services. Fun and memorable! No art experience needed for your quests!

 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!

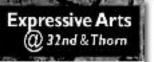
Studio rental available for your workshops, classes, private practice or events.

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



Can be playful and powerful. Tish Sjoberg, MA, CAGS

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

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.

Expressive Arts Therapist