

December Offerings

Give the gift of Expressive Arts, art that changes lives

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 SONO FEST Come Make Art with US! 11a-5p	3 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Sewing for Kids 12:00 p.m. Creative Kids! 3:30-5:00 pm	4 *Women's Expression Session 10a.m-Noon Sewing for Kids 12:30 p.m. Creative Kids 3:30-5:00 pm GREEN DRINKS 6:00-8:00 p.m.	5 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	6 New Visioning Journal Groups EARLY BIRD DEADLINE! SIGN UP TODAY & SAVE!!	7 Create for Change - Climate Science Alliance Workshop Gift Making - NESTING BOXES FOR WILDLIFE 6-8 pm	8 ENVISION 2018 Vision Board Workshop 1:00 -5:00 p.m.
9 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	10 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	11 *Women's Expression Session 10a.m-Noon Sewing for Kids 12:30 p.m. Creative Kids 3:30-5:00 pm *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 New Visioning Journal Groups start Thursday, January 10th, Morning or Evening groups. Sign up now! Don't miss out!	14 Expressive Arts Holiday Choir Play 7:00 - 9:00 p.m.	15 The Raum Show Artist Talk & Holiday Party! A FREE Event 6-9 p.m.
16	17 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	18 *Women's Expression Session 10a.m-Noon Sewing for Kids 12:30 p.m. Creative Kids 3:30-5:00 pm	19 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	20 New Visioning Journal Groups start January 10th!	21 Expressive Arts Holiday Choir Caroling 7:00 - 9:00 p.m.	22
23 *Art Church 10:00 a.m.	24 *Open Studio 1:00-3:00 Finish or wrap your holiday gifts!	25 Christmas, Make art with friends & family!	26 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	27 Creative Kids Winter Camp 9:00 am - 3:00 pm New Visioning Journal Groups start January 10th!	28 Creative Kids Winter Camp 9:00 am - 3:00 pm *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	29
30	31 NEW YEAR'S EVE Art Happy Hour 7:30 -12:30 a.m.	1 New Year's Day OPEN STUDIO 1:00-4:00 pm Start the year with art!	*Offerings included in the 30-Day Express Pass, Only \$111 (\$300+ value!)		BOOK A DATE NOW FOR YOUR BEST EVER HOLIDAY PARTY OR TEAM BUILDING EVENT! No art experience needed	

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

Join Us!

GREEN DRINKS - Tuesday, December 4th, 6:00 - 8:00 p.m., Learn the art of reuse for the holidays. After hearing from organizations working on this important topic, we'll learn simple tips to adopt a reuse mindset and ways of reusing, borrowing, sharing, instead of buying new - and the impact it has on the earth. Joan Green, owner of Green Art Labs, will lead us through gift making with reusable materials provided by the studio. No art experience necessary and you can take home your creations! This month's event is BYOB. We will take donations to help cover the studio costs. Contact Joan Green at joan@greenartlabs.com or (619) 206-6613 or visit San Diego Green Drinks on Facebook.

NEW!

Create for Change Workshop - Friday, December 7th, 6:00-8:00 p.m., \$40. Gift Making - NESTING BOXES FOR WILDLIFE, Go green for the holidays and give this as an "experience gift" or make your gifts at this event! Ask about a 2 for 1 deal! Register at: www.greenartlabs.com/create-for-change. For more info: joan@greenartlabs.com or (619) 206-6613.

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.

NEW!

Beginning & Advanced Sewing for Homeschoolers and Kids of All Ages - \$20 per class.
Beginners: Mondays, 12:00-1:00 pm or Tuesdays 12:30 - 1:30 p.m. Learn basic sewing skills such as threading a needle, tying knots, stitching, working on simple hand-sewing projects such as pillows, bags, and more. **Advanced:** Tuesdays 1:30 - 2:30 p.m. If your child can thread their own needle and tie their own knots, then they're ready for advanced sewing. Hand sewing and machine sewing, learn to create their own patterns for clothing, more advanced projects, sewing on snaps, and more. For more info: joan@greenartlabs.com or (619) 206-6613.

NEW!

Expressive Arts Holiday Choir! - Fridays, December 14th & 21st, 7:00 p.m. - 9:00 p.m., Donation. We will gather to create music to celebrate the season! You can help create our adventure! No previous singing experience needed, not even a confident voice. There will be a place for every expression. If you can talk or express, you can participate! We will play the first meeting and then share through caroling in the neighborhood the 2nd meeting! Contact: Allison Murphy at 619-818-5543, allison1111@gmail.com or Tish 619-251-8474, tish@expressiveartssandiegocom.

Join Us!

Holiday Party and Raum & Raum Show Artist Talk - Saturday, December 15th, 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. Celebrate winter, the holiday of your choice and art making in community. Enjoy some holiday treats and a chance for last minute shopping! Artist talk, too!

YES!

New Year's Eve Art Happy Hour- Monday, December 31st, 7:30 p.m. - 12:30 a.m., \$45/person (\$25 for current 30-day pass holders.) Bring in the new year ARTFULLY! A great way to ring out the old and ring in the new. Artfully play with what you want to let go of from 2017 and what do you want to bring in this new year. Or, just hang in the low key atmosphere. You can play with paint, collage, sand tray art, open mic, drumming, good music, nature art, affirming atmosphere and more! Create a vision for your new year with art or just come to relax with friends and play. Snacks are complimentary and drinks by donation. Or bring your own! Complimentary champagne toast at 9:00 p.m. (east coast midnight!) and at midnight included! Great for couples, singles, friends, co-workers and family! (Doesn't that cover everyone?!) NO PREVIOUS ART EXPERIENCE NEEDED!

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

New Groups Starting - EARLY BIRD DEADLINE 12/10! ♥ ♥ ♥

Join Us!

Visioning Journal Group - NEW 11-Week Closed Group - Thursdays, January 10th - March 21st, \$440 Early bird before 12/10, \$495 after 12/10. 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 12/10, \$450 after 12/10. 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 stuckness, 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 - December 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 :)

Painting in Acrylic & Oil-Sundays - 1-4pm, Starts in January. Therese Rossi 619-395-5847.

FOR KIDS: Check GreenArtLabs.com for Winter Break 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



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