

January Offerings

♥ **START 2019 CREATIVELY!** ★★

NO PREVIOUS ART EXPERIENCE NEEDED!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the 30-Day Express Pass, Only \$111(\$300+ value!)	1 *Open Studio 1:00-4:00 pm New Year's day	2 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	3 New Visioning Journal Groups Start next Thursday! A few openings left! Sign up today!	4	5
6	7 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	8 *Women's Expression Session 10a.m-Noon *Music Collective 7:00-9:00 p.m.	9 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	10 New Visioning Journal Groups start TODAY!	11	12
13 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	14 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	15 *Women's Expression Session 10a.m-Noon *Music Collective 7:00-9:00 p.m.	16 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	17 New Visioning Journal Groups start APRIL 11th!	18 Create for Change Climate Science Alliance Workshop 2019 Vision Sculptures, 6-8 pm	19 BORDERS Show Opens A FREE Event 6-9 p.m.
20 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	21 Creative Kids Camp 9:00 am - 3:00 pm M L King Day	22 *Women's Expression Session 10a.m-Noon *Music Collective 7:00-9:00 p.m.	23 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	24 New Visioning Journal Groups start APRIL 11th!	25 Creative Connection 9:30-11:00 a.m. *Art Happy Hour 7:00-11:00 p.m. (Singles, couples, friends, family!)	26 Growing Your Own Art Practice Workshop 10:00am - 2:30pm
27 *Art Church 10:00 a.m. Private Event Afternoon	28 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	29 *Women's Expression Session 10a.m-Noon	30 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	31 New Visioning Journal Groups start APRIL 11th!	BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!	

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

Join Us!

Visioning Journal Group - NEW 11-Week Closed Group - Starts Thursdays, January 10th - March 21st, \$495. Choose Morning Group: 11:00 a.m. - 1:15 p.m. (Only ONE spot left) OR Evening Group: 6:00 - 8:15 p.m. 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. No experience needed, just the desire to take your life and your art making deeper! PLUS, have dedicated art time with no distractions and Feel the support of making art in community! RSVP/info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

So You Want to Write? 10-Week Support Group starts Mondays, January 14th - March 18th, 6:00 - 8:15 p.m. **10-week commitment**, \$450. 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. • Free the writer in you • Find the stories that want to be told • Fulfill your desire to put words on paper • RSVP/info, Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

NEW

Create for Change Workshop - Friday, January 18th, 6:00-8:00 p.m., \$25. 2019 Vision Sculpture, Go green and 3-dimensional for your visioning for the new year! Register at: www.greenartlabs.com/create-for-change. For more info: joan@greenartlabs.com or (619) 206-6613.

BORDERS Show Opening - Saturday, January 19th, 6:00 - 9:00 p.m., A FREE community event. Living in a "border" area, we have asked artists to explore borders, internal and external. Join us for an interactive evening of exploring your own borders!
CALL FOR ENTRY: BORDERS ART NEED TO BE TO THE STUDIO BY Monday, January 14th. Be sure it is ready to hang with hanging wire.

NEW

Creative Connection - Fridays, Beginning January 25th, 9:30-11:00 a.m., \$25, includes all materials. Make creativity a priority in your life! Engage your imagination to find inspiration, new perspectives, and heart-felt meaning. Connect to your own creativity and with other creatives! In this group, we focus on simple approaches to art-making and weave in music, writing, movement, and drama to enhance the visual art. This approach allows people from all artistic backgrounds to create with confidence! RSVP: Elizabeth Jacobowitz, MA, 619-417-2373, elizabeth@embodimentarts.com or EmbodimentArts.com/envision. No previous art experience needed.

YES! Sign Up!

Growing Your Own Art Practice - Saturday January 26th, 10:00 a.m.-2:30 p.m., \$75. Have you had the idea that making some sort of art REGULARLY would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop is designed to help you get started and keep going! Having a regular art practice can take your world from from black and white to color, from imagining an artful life to living an artful life! Make ART an integral part of your life, like brushing your teeth! "I have had a regular art practice for 15 years and have found it can pay off in more than just the end product. It has taught me about showing up, being consistent, completing projects and also helps me stay more current by processing emotions from my day through my artmaking." Any disciplines of art: visual, dance, music, writing or drama. RSVP/info, contact Tish McAllise Sjoberg: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

Coming Soon!

YES!

Envision 2019 - Saturday, February 9th, 1:30-5:30 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!

NEW for Kids!

Beginning & Advanced Sewing for Homeschoolers and Kids of All Ages - Mondays, 12:00-1:00 p.m., \$20 per class. Learn basic sewing skills such as threading a needle, tying knots, stitching, working on simple hand-sewing projects such as pillows, bags, and more. 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.

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** - January 25th, 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 January 13th. Therese Rossi 619-395-5847.

FOR KIDS: Check GreenArtLabs.com for Spring CAMPS!

Creative Families - Mondays, 10:00 a.m.- Noon. Parent and toddler ages 2-5.

Creative KIDS After School Classes: Mondays - 3:30 p.m. - 5:00 p.m. Ages 5 and up.

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