

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!				*Offerings included in the 30-Day Express Pass, Only \$111 (\$300+ value!)	1	2
3	4 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	5 *Women's Expression Session 10a.m-Noon	6 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	7 New Visioning Journal Groups start APRIL 11th!	8 Creative Connection 9:30 -11:00 a.m.	9
10 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	11 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	12 *Women's Expression Session 10 a.m-Noon *Music Collective 7:00 -9:00 p.m.	13 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	14 New Visioning Journal Groups start APRIL 11th!	15 Creative Connection 9:30 -11:00 a.m.	16 Let Art Guide You to Abundance - Women's Workshop 10:00 a.m. DOODLE ART SHOW OPENING & DOODLE-A-THON FREE Event 6-9 p.m.
17 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	18 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	19 *Women's Expression Session 10 a.m-Noon	20 Private Event NO Paint to Music or Open Studio Tonight!	21 Early Bird Sign-up Deadline is tomorrow for Visioning Journal and Writing Groups!	22 Private Team Building Event *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	23 Grow Your Own Art Practice Workshop 11:00 a.m. - 3:30 p.m. Music Collective Concert 6:00 p.m., \$15 Donation
24 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	25 Creative Kids Spring Break Camp 9:00 a.m.- 3:00 p.m.	26 *Women's Expression Session 10 a.m-Noon *Music Collective 7:00 -9:00 p.m.	27 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	28	29 Creative Connection 9:30 -11:00 a.m.	30
31						

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

NEW! **Creative Connection** - Fridays, March 8th, 15th & 29th, 9:30-11:00 a.m., \$25, includes 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, with other creatives! We focus on simple approaches to art-making and weave in music, writing, movement, and drama to enhance the visual art. Allow Yourself to create with confidence! RSVP: Elizabeth Jacobowitz, 619-417-2373, elizabeth@embodimentarts.com or EmbodimentArts.com. No art experience needed.

NEW! **Let Art Lead You to Abundance—for Women Business Owners** - Saturday, March 16th, 2019, 10:00 am - 4:00 pm, \$50. Could you use a day to refocus and recharge YOU? Come remove mental blocks about money— tap into your intuition through playing with your creativity. You'll be guided through easy creative activities to help open your heart and mind and to try something new. No art experience needed to succeed in this fun and productive workshop. Info: Gayle Goldman at 619-249-7257 or gayle@thrivebusinessservices.net or Register at: <https://bit.ly/2TosHKl>

YES! **DOODLE ART SHOW & Doodle-a-thon** - Saturday, March 16th, 6:00 - 9:00 p.m., A FREE community event. Doodling becomes community art at the studio. Come see what we have been doing the last few years. And there will be LOTS of doodling for you to do, too! All ages welcome!

Join In! **Grow Your Own Art Practice Workshop** - Saturday, March 23rd, 11:00 a.m. - 3:30 p.m. \$60 Early bird if you register by March 12th! \$75 after March 12th. (A small price for a lifetime of artmaking!) 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! Make ART an integral part of your life, like brushing your teeth! I've had a regular art practice for 15 years and have found it can pay off in more than just the end product. Learn to show up and let it help you stay more current by your day through your artmaking. All disciplines of art: visual, dance, music, writing or drama. RSVP/info, contact Tish McAllise Sjoberg: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

SPRING GROUPS - SIGN-UP TODAY—FILLING FAST!

Heart **Visioning Journal Group - NEW 11-Week Closed Group** - Thursdays, April 11th-June 20th, \$\$450 by Early Bird Deadline of March 22nd \$495 After March 22nd. Choose Morning Group: 11:00 a.m. - 1:15 p.m. 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. • Dedicated art time with no distractions! • Be inspired by others! • Feel the support of making art in community! • Play and experiment with art materials. No experience needed. RSVP/info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Sign UP! **So You Want to Write? 10-Week Support Group** starts Mondays, April 8th - June 17th (No group Memorial Day), 6:00 - 8:15 p.m., \$400 by Early Bird Deadline of March 22nd, \$450 after March 22nd. Have you had the idea that you would like to write a book, or write anything? This 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. • 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

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

Creative Kids Camps

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.

For more info and sign up contact Joan Green: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com/camps

Ages 5-12. \$300 per week of camp or \$75 per day. \$40 per 1/2 day

SPRING BREAK CAMP:

March 25-29 9:00 a.m. - 3:00 p.m.

SUMMER CAMPS:

June 12 - 14 9:00 a.m. - 3:00 p.m.

June 17 - 21 9:00 a.m. - 3:00 p.m.

July 1 - 3 9:00 a.m. - 3:00 p.m.

July 8 - 12 9:00 a.m. - 3:00 p.m.

July 15 - 19 9:00 a.m. - 3:00 p.m.

August 19 - 23 9:00 a.m. - 3:00 p.m.

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.** \$15. 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. Check front calendar to confirm days.

* **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. Come relax, play in the arts, be in the company of women & 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 shows up. Turn up the tunes! RSVP if possible. (Price includes Open Studio after, 7:30 - 9:00 p.m.)

* **Art Happy Hour - Every 4th Friday** - March 22nd, 7:00-11:00 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-1-4 pm, Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: GO TO GreenArtLabs.com for **Spring Break & Summer 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.

Sewing for Home School Kids: Mondays - Noon -1:00 p.m. \$20

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!

GREAT GIFT ITEMS!

Passes
Gift Certificates
Scribble Books
Art, Cards, Magnets and More!

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

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 tish@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.