





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	2 *Women's Expression Session 10:00 a.m. - Noon	3 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	4	5	6
7 Painting and Mixed Media 1:00 - 4:00 p.m.	8 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	9 *Women's Expression Session 10 a.m-Noon *Music Collective 7:00 -9:00 p.m.	10 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	11 New Visioning Journal Groups start July 11th, sign up opens today!	12	12  Let Art Guide You to Abundance - Women's Business Owners Workshop 10:00 a.m.-4:00 p.m.
14 *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	15 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	16 *Women's Expression Session 10 a.m-Noon	17 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	18 New Visioning Journal Groups start July 11th, sign up today!	19	20  DOODLE A-THON FREE Event 6-9 p.m.
21 Easter	22 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	23 *Women's Expression Session 10 a.m-Noon *Music Collective 7:00 -9:00 p.m.	24 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	25 New Visioning Journal Groups start July 11th, sign up today!	26  *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	27
28 *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	29 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	30 *Women's Expression Session 10 a.m-Noon	Art Of Aging for Women 6 wk Group Begins May 1st - RSVP 10:00 a.m.-Noonp.m.		*Offerings included in the 30-Day Express Pass, Only \$111(\$300+ value!)	

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

 **Let Art Lead You to Abundance—for Women Business Owners** - Saturday, April 13th, 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>

DOODLE-A-THON

Saturday, April 20th, 6:00 - 9:00 p.m., A FREE community event.

How many people can we get doodling at one time?!

Doodling becomes community art at the studio. Come see what we have been doing the last few years. All ages welcome!

Join In!

YES! 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. 9:00 a.m. - 3:00 p.m., Ages 5-12. \$300 per week of camp, \$75 per day, \$40 per 1/2 day

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

Session 1: June 12 – 14
 Session 2: June 17 – 21
 Session 3: July 1 – 3
 Session 4: July 8 – 12
 Session 5: July 15 – 19
 Session 6: August 19 – 23

SUMMER GROUPS - SIGN-UP TODAY! Think of them as Summer Camp for adults! (Sign up, they fill fast!)

MINI-Visioning Journal Group - SUMMER 8-Week Group - Thursdays, July 11th-August 29th, \$325 by Early Bird Deadline of June 21st, \$375 After June 21st. Choose Morning Group: 11:00 a.m. - 1:00 p.m. **OR** Evening Group: 6:00 - 8:15 p.m. Set your summer intention and work with it in a mini journal or continue to work in your regular journal. We will play with techniques and explore thinking outside the box/book with our journals! A playful, vibrant, and satisfying way to keep your summer intention alive! • Dedicated art time with no distractions! • Be inspired and supported by the group! No experience needed. RSVP/info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Sign UP!

So You Want to Write SUMMER BOOT CAMP - 7-Week Support Group starts Mondays, April 8th - June 17th, 6:00 - 8:00 p.m., \$280 by Early Bird Deadline of June 21st, \$320 After March 22nd. Have you had the idea that you would like to write a book, or write anything? We will meet once a week & then you will receive writing prompts throughout the week! A fun summer writing experience - work through stuck-ness, celebrate successes, receive support. This is not a how to write class, and we will do writing exercises that will help you find your voice. Writing is a solitary process, the group can help you feel connected & supported. You do not need to know what you want to write or have any writing experience! RSVP & info, contact Tish: 619-251-8474 tish@ExpressiveArtsSanDiego.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

NEW WOMEN'S OFFERINGS in MAY - Sign up TODAY!

Art of Aging for Women - Six Week Expressive Arts Group - Wednesdays, May 1st - June 5th, 10:00 a.m. - Noon., \$240. Join me as we look at aging through the lens of art and community. How can we be in acceptance of growing older, losing abilities and losing loved ones? How can we contribute until our last breath and be prepared for our final exit? We will look at these topics and more. Accompany me for this gentle exploration of preparing for a rich life, no matter what age. RSVP & info, Tish: 619-251-8474 tish@ExpressiveArtsSanDiego.com

Workshop for Spanish Speaking Women!

Haciendo las paces con la chica del espejo - Saturday, May 4th, 10:00 a.m. -

6:00 p.m., \$125, con Martha Verdugo, tallerista para el empoderamiento de mujeres (Psicoterapeuta Gestalt, asesora experta, creadora de espacios de crecimiento) de Baja California, México. Durante este taller ofrezco la experiencia de vivir y descubrir tu liberación, sanación, sabiduría interior y expresión de tu espiritualidad. Material exclusivo para tu aprendizaje. Que la magia de un encuentro de mujeres en su búsqueda, te toque el corazón. Bienvenida a dar los pasos hacia tu transformación ¡hacia tu empoderamiento interior! For more info go to: www.marthaverdugo.com/calendario/san-diego

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** - April 26th, 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 or Oil & Mixed Media - Sundays 1:00-4:00 pm, Join the Spring Session! Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: See reverse side for Summer CAMP schedule or go and GreenArtLabs.com !

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.