

JUNE Offerings

SUMMER BEGINS! And so can your ART!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Expressive Arts @ 32nd & Thorn 30 Day Express Pass	*Offerings included in the 30-Day Express Pass, Only \$111 (\$300+ value!)		BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!			1
2 Painting and Mixed Media 1:00 - 4:00 p.m.	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 10:00 a.m. - Noon	5 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	6 New Visioning Journal Groups start July 11th, sign up today! (See below)	7	8 Evening Private Event
9 *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	10 KIDS CAMPS! 9:00 a.m. - 3:00 p.m., M-F	11 *Women's Expression Session 10 a.m.-Noon *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	14 Writers' Open Mic 7:00 - 9:00 p.m.	15 Playback Theater Practice 9:00 a.m.-Noon Permission to Play for Women 1:00 - 5:00 p.m.
16 Painting and Mixed Media 1:00 - 4:00 p.m.	17 New Writer's Support Group start July 15th, sign up today! KIDS CAMPS! 9:00 a.m. - 3:00 p.m., M-F	18 *Women's Expression Session 10 a.m.-Noon	19 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	20	21 Early Bird Deadline for Visioning Journal & Writing Support Groups	22
23 *Art Church 10:00 a.m. Finding Resilience 1-3 p.m.	24 One hour longer! *Open Studio Noon-3:00 pm New Writer's Support Group starts July 15th, sign up today! (See below)	25 *Women's Expression Session 10 a.m.-Noon *Music Collective 7:00-9:00 p.m.	26 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	27 New Visioning Journal Groups start July 11th, sign up today! (See below)	28 *Art Happy Hour 7:00 - 11:00 p.m. (Singles, couples, friends, family!)	29
30						

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

NEW! **Writers' Open Mic** - Friday, June 14th, 7:00 - 9:00 p.m. \$10 donation. Every story needs to be heard! Bring something to read (3-5 minutes) or come to listen & support the writers. All kinds of written creative genius*: poetry, prose, fiction, memoir, story, rant, scene... (*genius - works from the heart and soul.) All levels of writers welcome. Info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

NEW! **IMPROV DRAMA with HEART AND SOUL** - June 15th 9 a.m.-Noon, \$20 Do you have a dramatic spark in you that needs an outlet? Learn the art of Playback Theatre improvisation where we use real life stories as our scripts. Rehearse with Minstrels of Story Playback troupe. All levels welcome! For more info contact Francine at 858-200-6617 creativewellness6@gmail.com • www.playbacktheatresandiego.com

NEW! **Permission to Play for Women Playshop for Women** - June 15th, 1:00-5:00 p.m., \$127 full price. \$97 by May 31st. An afternoon of fun, freedom, self discovery, meditation, and full permission. The sense of play is key to a happier, more present and fulfilling life. It is the secret sauce to feeling alive and rejuvenated. For more information: www.shinelevity.com/workshops/permission-to-play

NEW! **Finding Resilience During Hard Times—Spontaneous Art Therapy Workshop** with Betsy Shapiro ATR-BC, Sunday, June 30th, 1:00-3:00., \$45. Fee includes materials. Participants are invited to freely experience simple art materials; enjoy painting, drawing, and working with clay allowing their spontaneous expression to teach them about themselves and their inner strengths. No previous art experience is needed. Please RSVP by emailing Betsy at mishapiro54@yahoo.com or by calling her at (760) 805-6722

NEW! **Owning Your Intuition 8 Week Intensive** - 8 Consecutive Sundays, July 7th-August 25th, 4:30 - 6:30pm, Early bird registration through June 15th is \$325.00 with code MYINTUITION., after \$375. Have you wanted to build a deeper connection with the universe? Are you interested in intuitive or metaphysical practice? Do you wonder what your gifts may be? In this series course you will have the opportunity to identify and become comfortable with your natural intuitive and energetic capabilities. Also learn how to use them safely, with confidence. Previous experience is not required. Info: Dawn Jimenez at 858-771-4926 or twilightdawn.sd@gmail.com or Register at: https://www.twilightdawn.com/events-classes

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 NOW! **So You Want to Write SUMMER BOOT CAMP - 7-Week Support Group** starts Mondays, July 15th - August 26th, 6:00 - 8:00 p.m., \$280 by Early Bird Deadline of June 21st, \$320 After June 21st. 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, but 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!

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

- 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

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

Regular Event Descriptions

*Events included in the 30 Day Pass for \$111

* **Open Studios - This Month: Mondays** (Check front calendar) **& 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 - Tuesdays** - 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** - June 28th, 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, Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: Classes start again in September! **Creative Kids Summer CAMP** schedule above!

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!

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.

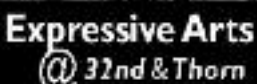
Also offering **EFT (Emotionally Focused Therapy)** for couples combined with Expressive Arts.

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

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



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

©2019 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.