




**Don't let the summer end without bringing ART into your life!**

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 <b>Sewing Bee Open Studio</b> 1:00 - 4:00 p.m.	*Offerings included in the <b>30-Day Express Pass, Only \$111</b> (\$300+ value!)	6 <b>*Women's Expression Session</b> 10:00 a.m. - Noon	<b>BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT!</b> No art experience needed by your guests!	1 <b>New Visioning Journal Groups</b> start September 19th! Secure your spot <b>NOW!</b> (See back.)	2	3
11 <b>*Art Church</b> 10:00 a.m. <b>Writer's Studio</b> 1:00 - 4:30 p.m.	5 <i>One hour longer for summer!</i> <b>*Open Studio</b> Noon-3:00 pm	13 <b>*Women's Expression Session</b> 10 a.m-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	7 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	8 <b>New Visioning Journal Groups</b> start September 19th! Secure your spot <b>NOW!</b> (See back.)	9 <b>Writers' Open Mic</b> 7:00 - 9:00 p.m.	10
18	19 <i>One hour longer for summer!</i> <b>*Open Studio</b> Noon-3:00 pm <b>KIDS CAMPS!</b> 9:00 a.m. - 3:00 p.m., M-F	20 <b>*Women's Expression Session</b> 10 a.m-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	21 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	15 <b>New Visioning Journal Groups</b> start September 19th! Secure your spot <b>NOW!</b> (See back.)	16 <b>Artists of North Park Show-Artist Talk</b> <b>FREE Event</b> 6-9 p.m.	17
25 <b>*Art Church</b> 10:00 a.m.	26 <i>One hour longer for summer!</i> <b>*Open Studio</b> Noon-3:00 pm	27 <b>*Women's Expression Session</b> 10 a.m-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	28 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	22	23 <b>*Art Happy Hour</b> 7:00 -11:00 p.m. (Singles, couples, friends, family!)	24
				29 <b>EARLY BIRD SAVINGS DEADLINE TODAY</b> for New Visioning Journal Groups & Writing Support Group	30	31 <b>IMPROV DRAMA with HEART AND SOUL</b> Playback Theater Practice 9:00 a.m.-Noon

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

**NEW!** **Sewing BEE Open Studio** - Sunday, August 4th, 1:00 - 4:00 p.m., \$10. Let's all get together and sew! Bring your machine if you have one, material, pins, seam ripper, etc. and an idea of something you want to work on. Shopping bag, placemats, quilt, clothing... All of us will help each other so you don't need to be proficient at sewing. Or bring your hand sewing! Buttons to replace, pockets to sew, hems to fix. Space is limited, since we will each need some room to sew, so reserve your spot! Contact: Sharon Tittle, 619-405-1494 sharon.tittle@gmail.com Sew excited!

**FUN!** **Writers' Open Mic** - Friday, August 9th, 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. Contact Tish for Info: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**NEW!** **Writer Studio** - Sunday, August 11th, 1:00 - 4:30 p.m., \$35 if paid by August 7th, \$40 after. Every story needs to be told! Would you like dedicated time for your writing? Do you have a project you want to make progress with or kickstart? Would you like the support of other writers? Writing can be easier in the company of other writers! Let this 3.5-hour Writing Studio support you to get started, keep going or get back to it. You will get writing prompts, large chunks of time to work on a project, chances for support and reading. All levels of writers welcome—No writing experience needed, just the desire to write! Info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**Join Us!** **ARTISTS OF NORTH PARK SHOW\* ARTIST TALK & RECEPTION**  
Friday, August 16th • 6:00 - 9:00 p.m. A FREE community event! Artist Talk begins at 7:00 p.m.  
**Open Mic for Performance Artists - We will sprinkle you through the evening! Chance for all to make art, too!**  
\*Artists who live, work or created their art in the 92104 zip code.

**Sign UP!** **Creative Kids Camp** August 19th – 23rd...Last camp of the summer!  
Monday through Friday, 9:00 a.m. - 3:00 p.m., Ages 5-12. \$300 per week of camp, \$75 per day, \$40 per 1/2 day • 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

**IMPROV DRAMA with HEART AND SOUL** - August 31st, 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 or creativewellness6@gmail.com • www.playbacktheatresandiego.com

**Painting in Acrylic or Oils & Mixed Media Collage** - 8 Sundays: 8 weeks, September 8th - November 3rd (No class October 13th) 1:00 - 4:30 p.m., \$300. This relaxed supportive class will introduce you (or refresh you) to the basics of painting on canvas. Work either realistically or abstractly and learn good basics. Therese Rossi, MFA & Expressive Arts Therapist: 619-395-5847, therese.rossi@sbcglobal.net

Schedule subject to change, call to RSVP and confirm.

**See back for more offerings & info!**

**NEW "Visioning Journal" Groups - 12-Week Group** - Thursdays, September 19th-December 12th, \$480 Early bird before 8/29, \$540 after 8/29. (Ask if you need a payment plan.) Choose Morning Group: 11:00 a.m. - 1:30 p.m. **OR Evening Group**: 6:00 - 8:30 p.m. Set your intention 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

**NEW "So, You Want to Write" - 12-Week Support Group** - Mondays, September 16th -December 9th, 6:00 - 8:15 p.m., \$480 Early bird before 8/29, \$540 after 8/29. (Ask if you need a payment plan.) Have 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 or even how 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

## 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 from your life while creating a one-of-a-kind painting! Playful, fun, and a chance to work with your critic if it shows up. Turn up the tunes! No experience needed! RSVP if possible. (Price includes Open Studio after, 7:30 - 9:00 p.m.)
- \* **Writer's Open Mic - 2nd Fridays** - August 9th, 7:00-9:00 p.m., \$10 donation. Bring something to read (3-5 minutes) or come to listen & support the writers. All kinds of written creative genius\* invited: poetry, prose, fiction, memoir, story, rant, scene. (\*genius-from the heart and soul.)
- \* **Art Happy Hour - Every 4th Friday** - August 23rd, 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, singles, 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! Snacks, too! 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, New 8-week class starts September 8th. Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net (See FRONT.)

**FOR KIDS:** Classes start again in September! **Creative Kids Summer CAMP** - see FRONT. 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!

Ongoing 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 • 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 tish@ExpressiveArtsSanDiego.com  
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, CA 92104  
[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [info@ExpressiveArtsSanDiego.com](mailto: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.