


Expressive Arts
@ 32nd & Thorn

DECEMBER Offerings

Yikes! 'Tis the season to be stressed!
Join us and stay balanced and happy!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SoNo Festival & Chili Cookoff Come make art with us! 11:00 am - 5:00 pm SCRIBBLE KITS Available!	2 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	3 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	4 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	5 New Visioning Journal Groups start in January 16th! Early bird sign up by 12/14!	6 SCRIBBLE KITS AVAILABLE! The MOST original & engaging gift of the season!	7
8 *Art Church 10:00 a.m. Art Practice Workshop 1:00 - 4:45 p.m. YOGA 5:00-6:00 pm	9 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	10 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	11 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	12 New Visioning Journal Groups start in January 16th! Early bird sign up by 12/14!	13 Writers' Open Mic 7:00 - 9:00 p.m.	14 Sewing Bee 10:00 a.m. - 1:00 p.m. Holiday Gift Making! 1:00 - 4:00 p.m. Writing Support Group & Visioning Journal Groups Early bird Deadline TODAY!
15 Painting & Mixed Media 1:00 - 4:00 p.m. YOGA 5:00-6:00 pm	16 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	17 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	18 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19 New Visioning Journal Groups start in January 16th! Reserve your spot!	20 HOLIDAY PARTY & ART MART A FREE Community Event 6-9 p.m.	21 Holiday Gift Making! 1:00 - 4:00 p.m.
22 *Art Church 10:00 a.m.	23 *Open Studio 1:00-3:00 pm Christmas Caroling 7:00 - 9:00(ish) p.m. A FREE Event	24 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm	25 Christmas... Make art with your friends & family!	26 New Visioning Journal Groups start in January 16th! Reserve your spot!	27 *Art Happy Hour 7:00 - 11:00 p.m. (Singles, couples, friends, family!)	28
29	30 KIDS CAMPS THIS WEEK AND NEXT week! 9:00 a.m. - 3:00 p.m. Monday, Tuesday, Thursday, Friday	31 *Women's Expression Session 10 a.m. - Noon NEW YEAR'S EVE Art Happy Hour (Singles, couples, friends, family!) 7:30p to 12:30a	1 HAPPY NEW YEAR, 2020!		*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

Sign UP! **Get Ready to Start an Art Practice in 2020!** - Sunday, December 8th, 1:00 - 4:45 p.m., \$75. Have you had the idea that making some sort of art REGULARLY (even DAILY) 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! A SMALL PRICE TO PAY for an art life! Any disciplines of art: visual, dance, music, writing or drama. RSVP/info: Tish McAllise Sjoberg: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

NEW! **NEW Vinyasa Yoga Class** - Most Sundays (see above calendar for holidays), 5:00 - 6:00 p.m., \$10 Suggested Donation. Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. Bring your own mat (we do have a few if you need one.) Beginners welcome! Contact Felena for more information: felena@herahub.com

YES! **Sewing BEE Open Studio** - Saturday, December 14th, 10:00 a.m. - 1:00 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!

Writers' Open Mic 2nd Friday - Friday, December 13th, 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: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

NEW! **Holiday Gift Making** - Saturday, December 14th & 21st, 1:00 - 4:00 p.m., \$25 per person or family with small children. Come create original gifts for the holidays! Even make your cards and wrapping paper! Okay to drop off kids ages 5+. (They can make gifts while you do your own shopping or enjoy some down times.) Drop in anytime. Contact Joan Green: joan@greenartlabs.com, (619) 206-6613, www.GreenArtLabs.com

Join Us! **Expressive Arts Holiday Party & ART MARKET**
Friday, December 20th • 6:00 - 9:00 p.m. A FREE community event! It is a show, it is a one-of-a-kind shopping market, it is a festive evening of art, art making and fun! Come support the artists of the neighborhood and PLAY!

FUN! **Expressive Arts Holiday Caroling!** - Friday, December 23rd, 7:00 p.m. - 9:00 p.m., FREE. We will gather to sing and celebrate the season! No previous singing experience needed, not even a confident voice. There will be a place for every expression. If you can talk or express, you can participate! We will carol in the neighborhood starting at the studio, to 30th, University and back! We would love to bring background music or musicians this year! Contact me if you can help with that! Contact: Tish 619-251-8474, tish@expressiveartssandiegocom.

YES! **New Year's Eve Art Happy Hour** - Tuesday, December 31st, 7:30 p.m. - 12:30 a.m., \$50/person (\$25 for current 30-day pass holders.) A great place to ring out the old and ring in the new, ARTFULLY Play with what you want to let go of from 2019 and what do you want to bring into 2020. Or, just hang in the low key atmosphere. Paint, collage, sand tray art, open mic, drumming, good music, nature art, affirming atmosphere and more! Snacks are complimentary and drinks by donation. Or bring your own! Complimentary champagne toast at 9:00 p.m. (east coast midnight!) and at midnight included! Great for couples, singles, friends, co-workers and family! NO PREVIOUS ART EXPERIENCE NEEDED! Contact: Tish 619-251-8474.

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

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www.ExpressiveArtsSanDiego.com • 619-251-8474

Winter Group Early Bird Sign up 12/14

CAUTION! This can become a LIFE LONG ART PRACTICE!

Sign
UP!

Visioning Journal Group - NEW 12-Week Closed Group - Thursdays, January 16th-April 2nd, Choose Morning Group: 10:30 a.m. - 1:00 p.m. OR Evening Group: 6:00 - 8:30 p.m. \$480 Early bird by 12/14, \$540 after 12/14. Set your intention(s) and work with it through a visual journal practice to feed your creative spirit AND toward your intention! Learn more: www.expressiveartssandiego.com/visioning-journal-group.

Sign
UP!

So You Want to Write? 12-Week Support Group starts Mondays, January 13th - March 30th, 6:00 - 8:15 p.m., \$480 Early bird by 12/14, \$540 after 12/14. Have you had the idea that you would like to write a book, or write anything? This 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. Learn more: www.expressiveartssandiego.com/writer-support-group

SCRIBBLE KITS AVAILABLE December 1st! The MOST original & engaging gift for yourself or another this season! \$40 buys years of fun, individual and community artmaking that EVERYONE can do! AND, an Open Studio Pass for you or another. Come see it!

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 - 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 1st & 3rd Tuesdays this month only!** - 7:00 - 9:00 p.m., \$15 donation. Singers, Songwriters, Musicians & Music Lovers, perform & collaborate with other musicians, singers & songwriters. Network, get feedback & 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** - December 13th, 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** - December 27th, 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 p.m., Fall Class happening, Join any time. Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: Winter Break Kids Camp and After-School Classes plus Toddler Classes!

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 Book • Scribble Kit • Art
Cards • Pins • Magnets • More!

Expressive Arts
@ 32nd & Thorn

Make ART that CHANGES your life!

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.

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

**SCRIBBLE KITS NOW
AVAILABLE at the
studio! The MOST
original & engaging gift
this season!**

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 • tish@ExpressiveArtsSanDiego.com

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• Schedule subject to change, call to RSVP and confirm • Work/study available, we do our best to not turn anyone away for lack of funds.