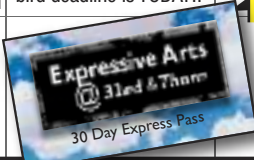


March Offerings

Days are getting longer, time to come out of hibernation, come make ART!

NO PREVIOUS ART EXPERIENCE NEEDED!

1 Painting & Mixed Media 1:00 - 4:00 p.m. YOGA 5:00-6:00 pm	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	4 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	5 Family Music Class 9:00 a.m. New Visioning Journal Groups early bird deadline is 3/26!	6	7 Tools for High-Empathy People 2:00 -4:00 p.m.
8 *Art Church 10:00 a.m. Painting & Mixed Media 1:00 - 4:00 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 Family Music Class 9:00 a.m. McKinley Elem. Conferences Kids ART CAMP W - Th - F 12:30 - 3:00 p.m. GreenArtLabs.com	13 CLAY-MATION Stop Action Workshop for kids 9-12 4:00-6:00 *Writers' Open Mic 7:00 - 9:00 p.m.	14 Sewing Bee 10:00 a.m. - 1:00 p.m. Tools for High-Empathy People 2:00 -4:00 p.m.
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	18 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19 Family Music Class 9:00 a.m. New Visioning Journal Groups early bird deadline is 3/26!	20 CLAY-MATION Stop Action Workshop for kids 9-12 4:00-6:00 p.m.	21 Playback Theater Practice 9:00 a.m.-Noon Tools for High-Empathy People 2:00 -4:00 p.m.
22 *Art Church 10:00 a.m. Painting & Mixed Media 1:00 - 4:00 p.m. YOGA 5:00-6:00 pm	23 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	24 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 -9:00 p.m.	25 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	26 Family Music Class 9:00 a.m. New Visioning Journal Groups early bird deadline is TODAY!!	27 CLAY-MATION Stop Action Workshop for kids 9-12 4:00-6:00 *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	28 Tools for High-Empathy People 2:00 -4:00 p.m.
29 Painting & Mixed Media 1:00 - 4:00 p.m. YOGA 5:00-6:00 pm	30 Spring Break Kids ART CAMP 9:00 a.m. - 3:00 p.m. Monday thru Friday • GreenArtLabs.com	31 *Women's Expression Session 10:00 a.m. - Noon	 <p>*Offerings included in the 30-Day Express Pass Only \$111(\$300+ value!)</p>			

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

NEW PAINT & COLLAGE NIGHT Art Empowerment: Your Vision of America - Tuesday, March 3rd, 6:30 p.m. - 8:00 p.m. \$35.00. Create an image of the United States you'd love to live in! Votes on Super Tuesday come from a vision of yours worth sharing. Enjoy easy-going paint/collage project facilitated by an international change agent. All supplies included. RSVP to Taylor 401-575-2791(call/text) or boothsbutterflyeffect@gmail.com

NEW Family Music Class with Hooray Miss Marae - Thursdays in March 5th, 12th, 19th, 26th; 9:00 a.m., \$80 for the month or \$25 drop in. Experience and make music with your baby or toddler with Hooray Miss Marae. Enjoy quality time with your child while they reap the emotional, cognitive and developmental benefits from an early childhood music class. Sign up at www.HoorayMissMarae.com

NEW Tools for High-Empathy People - 4 Saturdays, 3/7-3/28, 2:00 - 4:00 p.m., \$35 Each or \$110 for the series. Navigating the media, world events, and social interactions can be difficult for those of us sensitive to the emotions of others. Sometimes it just feels like it's too much and processing it all feels impossible. Learn tools to support moving through these emotions and translating them into productive expression. Learn how to identify what is yours, what belongs to another, and how to make your empathy a super power! For info: www.twilightdawn.com/schedule-appointment

Sewing BEE Open Studio - Saturday, March 14th, 10:00 a.m. - 1:00 p.m., \$10. Bring your machine if you have one, or bring your hand sewing! All of us will help each other so you don't need to be proficient at sewing. Contact: Sharon Tittle, 619-405-1494 sharontittle@gmail.com

NEW CLAY-MATION Kids Stop-Motion Class, Ages 9-12 - Fridays: March 13th, 20th & 27th, 4:00 - 6:00 pm. \$95 Introductory Special, Sign up now! Kids will create their own animated movie by building their characters and sets out of clay, and making it all come to life through stop motion! This workshop is a first step into understanding the mechanics of animation. For more info and to sign up: reem@theaworkshop.com, 650-398-9130 • Facebook: @theaworkshop • Instagram: @theanimationworkshop

Come See! **5,985 Days - The Daily Art of Tish McAllise Sjoberg**
Through April 10th - Come be inspired during Open Studios or make an appointment.

YES! Visioning Journal Group - NEW 10-Week Closed Group - Thursdays, April 16-June 18, Choose Morning Women's Group: 10:30 a.m. - 1:00 p.m. OR Evening Mixed Gender Group: 6:00 - 8:30 p.m. \$400 early bird by 3/26, \$450 after 3/26. Set your intention(s) and work with it through a visual journal practice to feed your creative spirit AND toward your intention! This can become a life-long practice! For more info and to sign up, go to: www.expressiveartssandiego.com/visioning-journal-group or contact Tish at 619-251-8474, tish@ExpressiveArtsSanDiego.com

YES! So You Want to Write? NEW 10-Week Closed Support Group Mondays, April 13-June 22 (no group on Memorial Day), 6:00 - 8:15 p.m., \$400 early bird by 3/23, \$450 after 3/23. 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

Vinyasa Yoga Class - Sundays, 5:00 - 6:00 p.m., \$10 Suggested Donation. Contact Felena: felena@herahub.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

Creative Kids Camps

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

**Plan NOW for
Summer Camps:**

McKinley Conference Week Camps: Wednesday 3/11/20 - Friday 3/13/20 • 12:30-3:00 p.m. \$35 per day

Spring Break Kids Camp: Monday 3/30/20 through Friday 4/3/20, 9:00-3:00 p.m.

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. Ages 5-12.

Early bird camp prices: \$300 for 5-day camp • \$75 single days • \$40 1/2 days (9-12 or 12-3) \$40 each, 9:00 a.m. - 3:00 p.m.

Session 1: 6/8/20 – 6/12/20
Session 2: 6/15/20 – 6/19/20
Session 3: 6/22/20 – 6/26/20
Session 4: 7/20/20 – 7/24/20
Session 5: 7/27/20 – 7/31/20
Session 6: 8/17/20 – 8/21/20
Session 7: 8/24/20 – 8/28/20

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 Tuesdays** - 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** - March 13th, 7:00-9:00 p.m., \$10 donation. Bring something to read (3-5 minutes, 750 words) or come to listen & support the writers. All kinds of written creative genius* invited: poetry, prose, fiction, memoir, story, rant, scene.

* **Art Happy Hour - Every 4th Friday** - March 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 night 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. Join any time. Contact Therese Rossi for more info: 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: After-School Classes and Parent/Toddler Classes and Kids Camps!

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!

**SCRIBBLE KITS
AVAILABLE at the
studio!**

**The MOST original &
engaging gift EVER!**

**Expressive Arts
@ 32nd & Thorn**

Make ART that CHANGES your life!

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.

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