



JUNE On-Line Offerings ♥♥♥♥♥♥♥♥

www.expressiveartssandiego.com/on-line-classes
 We will continue to meet on-line until we feel ready to re-open the studio. Any ideas and feedback are appreciated, this is a community effort. To stay apprised, go to our website and sign up for our email Art Spark.

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Women's Expression Session 10:00 a.m. - 12:15 p.m. (On-line)	*Scribble to Music 6:00-7:45 p.m. (On-line)			
7 YOGA 5:00-6:00 pm (On-line)	8	9 *Women's Expression Session 10:00 a.m. - 12:15 p.m. (On-line)	10 *Scribble to Music 6:00-7:45 p.m. (On-line)	11 New Visioning Journal Groups Start in JULY Thursdays 10:30 a.m. Women's Group 6:00 p.m. Mixed Gender Group (See Below)	12 *Writers' Open Mic 7:00 - 9:00 p.m. (ON-LINE)	13
14 *Art Church 10:00 a.m. to 12:15 p.m. (On-line) YOGA 5:00-6:00 pm	15 New 8-week Writer's Support Group Starts in JULY Mondays 6:00-8:15 pm (See Below)	16 *Women's Expression Session 10:00 a.m. - 12:15 p.m. (On-line)	17 *Scribble to Music 6:00-7:45 p.m. (On-line)	18	19 Early Bird Deadline for Visioning Journal & Writing Support Groups!	20
21 Father's Day YOGA 5:00-6:00 pm (On-line)	22	23 *Women's Expression Session 10:00 a.m. - 12:15 p.m. (On-line)	24 *Scribble to Music 6:00-7:45 p.m. (On-line)	25	26	27
28 *Art Church 10:00 a.m. to 12:15 p.m. (On-line) YOGA 5:00-6:00 pm	29	30 *Women's Expression Session 10:00 a.m. - 12:15 p.m. (On-line)			*Offerings included in the 30-Day Express Pass Only \$111(\$300+ value!)	



SUMMER GROUPS START IN JULY - On-line until we re-open

Visioning Journal Group - NEW 8-Week Closed Group - Thursdays, July 9 - August 27, Choose Morning Women's Group: 10:30 a.m. - 1:15 p.m. **OR** Evening Mixed Gender Group: 6:00 - 8:30 p.m. \$320 early bird by 6/16, \$360 after 6/19. 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

United we stand, for racial justice, art making for all and keeping each other safe and healthy

So You Want to Write? NEW 8-Week Closed Support Group Evening Mixed Gender Group Mondays, July 6th-August 31, 6:00 - 8:15 p.m., **OR** Women's Morning Group, Wednesdays July 8- August 26. 10:00 a.m. - 12:15 p.m., \$320 early bird by 6/19, \$360 after 6/16. 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 stuckness, 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

ON-LINE OFFERINGS DURING COVID-19 QUARANTINE

All regular classes are \$0 to Full Price during Covid-19

*** Women's Expression Session - Tuesdays** - 10:00 - 12:15 p.m., \$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!

*** Scribble to Music - Wednesdays** - 6:00 - 7:45 p.m., \$20. Release stress from your life while creating a one-of-a-kind art! Playful, fun, and a chance to work with your critic if it shows up. Turn up the tunes! No experience needed! RSVP if possible.

*** Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday - ON-LINE** - 10:00 a.m.-12:15 p.m. \$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 :)

*** Writer's Open Mic - 2nd Fridays, ON-LINE** - April 10th, 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.

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

See back for more offerings & info!

Schedule subject to change, call to RSVP and confirm.
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www.ExpressiveArtsSanDiego.com • 619-251-8474

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:**

ON-LINE CAMPS UNTIL WE REOPEN! ! We will keep you posted!

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.

CALL 619-206-6613 FOR TIMES AND INFO.

- 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 Events **We will be back!** *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