




MAY Offerings

MAY your creativity support you in your life!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 Painting and Mixed Media 1:00 - 4:00 p.m.	*Offerings included in the 30-Day Express Pass, Only \$111 (\$300+ value!) 6 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	7 *Women's Expression Session 10:00 a.m. - Noon	1 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	2 New Visioning Journal Groups start July 11th, sign up today!	3 Afternoon Private Event	4
12 *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	13 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	14 *Women's Expression Session 10 a.m-Noon *Music Collective 7:00 -9:00 p.m.	15 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	16 New Visioning Journal Groups start July 11th, sign up today!	17 Afternoon Private Event	18 Storytelling workshop with Donna Otter 1:00 a.m.-5:00 p.m. Playback Theater Practice 9:00 a.m.-Noon For info: www.playbacktheatresandiego.com DOODLE A-THON FREE Event 6-9 p.m.
19 Painting and Mixed Media 1:00 - 4:00 p.m.	20 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	21 *Women's Expression Session 10 a.m-Noon	22 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	23 New Visioning Journal Groups start July 11th, sign up today!	24 Afternoon Private Event *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	25
26 *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	27 Closed: Make art at home with your family & friends! Memorial Day	28 *Women's Expression Session 10 a.m-Noon *Music Collective 7:00 -9:00 p.m.	29 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	30 New Visioning Journal Groups start July 11th, sign up today!	31 BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!	

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

NEW Writers' Open Mic - Friday, May 10th, 7:00 - 9:00 p.m. \$10. 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

Pop Up Storytelling Workshop with Donna Otter - Saturday, May 11th, 1:00-5:00 p.m., \$75. Find a multitude of stories in your life, and develop one to tell with the group. Helpful & inspiring whether you want to take the stage, entertain friends or write your memoir. No previous writing or storytelling experience needed. Contact Donna Otter, 619-546-4730 or dotter336@gmail.com.

Join In! DOODLE-A-THON
 Saturday, May 18th, 6:00 - 9:00 p.m., A FREE community event. **How many people can we get doodling at one time?!** Doodling becomes community art at the studio. Come see what we have been doing the last few years. All ages welcome!

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

Owning Your Intuition 8 Week Intensive - 8 Consecutive Sundays, June 2 - July 21, 4:30 - 6:30pm, Early bird registration through 5/15/19 \$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! 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, and 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!

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www.ExpressiveArtsSanDiego.com • 619-251-8474

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, 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 - Tuesday** - 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** - May 24th, 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, Join the Spring Session! Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: See reverse side for Summer CAMP schedule or go and GreenArtLabs.com !

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!

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

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.

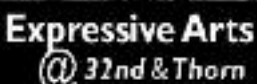
Working with all life issues such as **anxiety**, illness, work, **relationship**, parenting, **grief**, addictions, eating disorders, **depression**, **stress**, trauma, self esteem, unresolved childhood issues and **unblocking** creativity.

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
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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.