Expressive Arts @ 32nd & Thorn

JULY Offerings

Celebrate the FREEDOM you feel in your life when making art!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 **Resilience in Hard Times** 1-3 p.m., $45 RSVP (760) 805-6722	1 **Writer's Boot Camp Support Group** starts July 15th, sign up today! (See below) **KIDS CAMPS!** 9:00 a.m. - 3:00 p.m., M-W	2 ***Women's Expression Session** 10:00 a.m. - Noon	3 ***Paint to Music** 6:00-7:30 p.m. ***Open Studio** 7:30–9:00 pm	4 Independence Day	5	6 **Dance, Paint & Poetry** 11:00a - 1:00p **The Essence of Life-Show Opening** 2:00 -6:00 p.m. A FREE Event
7 **Owning Your Intuition** 4:30 -6:30 p.m. RSVP in Advance!	8 **KIDS CAMPS!** 9:00 a.m. - 3:00 p.m., M-F	9 ***Women's Expression Session** 10 a.m-Noon ***Music Collective** 7:00 -9:00 p.m.	10 ***Paint to Music** 6:00-7:30 p.m. ***Open Studio** 7:30–9:00 pm	1 **Mini-Visioning Journal Groups** start TODAY and TONIGHT! RSVP in Advance!	12 **Writers' Open Mic** 7:00. - 9:00 p.m.	13 **BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT!** No art experience needed by your guests!
14 ***Art Church** 10:00 a.m. **Owning Your Intuition** 4:30 -6:30 p.m. **Deliver Artists of North Park Show Art** 12:30 - 3:00 p.m.	15 **Writer's Boot Camp Support Group** starts tonight! See info below!! **KIDS CAMPS!** 9:00 a.m. - 3:00 p.m., M-F	16 ***Women's Expression Session** 10 a.m-Noon	17 ***Paint to Music** 6:00-7:30 p.m. ***Open Studio** 7:30–9:00 pm	18	19 **Artists of North Park Show Opening** FREE Event 6-9 p.m.	20
21 **Owning Your Intuition** 4:30 -6:30 p.m.	22 *One hour longer!* **Open Studio** Noon–3:00 pm	23 ***Women's Expression Session** 10 a.m-Noon ***Music Collective** 7:00 -9:00 p.m.	24 ***Paint to Music** 6:00-7:30 p.m. ***Open Studio** 7:30–9:00 pm	25	26 ***Art Happy Hour** 7:00 -11:00 p.m. (Singles, couples, friends, family!)	27
28 ***Art Church** 10:00 a.m. **Owning Your Intuition** 4:30 -6:30 p.m.	29 *One hour longer!* **Open Studio** Noon–3:00 pm	30 ***Women's Expression Session** 10:00 a.m. - Noon	31 ***Paint to Music** 6:00-7:30 p.m. ***Open Studio** 7:30–9:00 pm		*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

NEW! **Dance, Paint & Poetry** - Saturday, July 6th, 11:00 a.m.-1:00 p.m., $25. Join me for an exciting and delightful Expressive Arts Workshop where we will explore dancing, painting creative writing/poetry. No experiences is needed. Facilitator: Saedeh Bani Rahimi, M.A., Expressive Arts Therapist. Info & RSVP contact: saeedbaniart@gmail.com or (858) 245-3786.

FUN! **The Essence of Life - Show Opening** - Saturday, July 6, 2019, 2:00-6:00 p.m., A FREE community event. Come and explore the indispensable qualities of life through art with local artist Maria Elena Cruz. Come support her and your own creativity—get inspired!

NEW! **Owning Your Intuition 8 Week Intensive** - 8 Consecutive Sundays, July 7th-August 25th , 4:30 - 6:30pm, Early bird registration through June 15th is $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

Join Us! **MINI-Visioning Journal Group - 8-Week Group** - Thursdays, July 11th-August 29th, $375. Choose Morning Group: 11:00 a.m. - 1:15 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! A playful, vibrant, & satisfying way to keep your summer alive! Dedicated art time • No distractions • Be inspired & supported! No experience needed. RSVP/info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Writers' Open Mic - Friday, July 12th, 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: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Sign UP! **So You Want to Write SUMMER BOOT CAMP - 7-Week Support Group** - Mondays, July 15th - August 26th, 6:00 - 8:15 p.m., $320. 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, supportive summer writing experience. Not a how-to write class, but 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 or tish@ExpressiveArtsSanDiego.com

Join In!

ARTISTS OF NORTH PARK SHOW* OPENING

Friday, July 19th • 6:00 - 9:00 p.m. A FREE community event! Chance for you to make art, too!

CALL FOR ENTRY Visual Artists Deliver Work: Sunday, July 14th, 12:30-3:00 p.m. or make other arrangements. **Performing Arts:** Show up at the opening! This is a supportive show to help artist meet artist and create stronger community between us. Past shows have created friendships, collaborations, community awareness of who is making art in our little part of the world and encouraged the neighborhood to collect art from the artists in the hood. ***Artists who live, work or created their art in the 92104 zip code.**

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 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 (**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** - July 12th, 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** - July 26th, 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 :)

FOR KIDS: Classes start again in September! Creative Kids Summer CAMP schedule above!

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

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

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 and More!

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

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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.