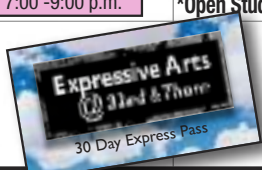


SEPTEMBER Offerings

**BACK TO SCHOOL!
BACK TO ART!
BACK TO YOURSELF!**

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Morning Private Event	2 We are closed: Make art with family & friends at home! Labor Day	3 *Women's Expression Session 10:00 a.m. - Noon	4 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	5 New Visioning Journal Groups start September 19th! Secure your spot NOW! (See below.)	6	7 Elia Bean Solo Show Opening 6:00 - 9:00 p.m.	
8 *Art Church 10:00 a.m. Afternoon Private Event	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 a.m-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 -9:00 p.m.	11 Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	12 New Visioning Journal Groups start September 19th! Secure your spot NOW! (See below.)	13 Creative Families! 10:00-Noon Creative Kids! 3:30-5:00 pm *Writers' Open Mic 7:00 - 9:00 p.m.	14 Evening Private Event	
15 Painting and Mixed Media 1:00 - 4:00 p.m.	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 Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	19 New Visioning Journal Groups START TODAY! Must Sign up in advance	20 Creative Families! 10:00-Noon Creative Kids! 3:30-5:00 pm	21 Sewing Bee 10:00 a.m. - 1:00 p.m. The PORTRAIT Show - Opening FREE Event 6-9 p.m.	
22 *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	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 a.m-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 -9:00 p.m.	25 Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	26 New Visioning Journal Groups start in January, start planning now!	27 Creative Families! 10:00-Noon Creative Kids! 3:30-5:00 pm *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	28 Let Art Guide You to Abundance - Women's Workshop 10:00 a.m.- 4:00 p.m.	
29 Painting and Mixed Media 1:00 - 4:00 p.m.	30 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm			<p>*Offerings included in the 30-Day Express Pass, Only \$111(\$300+ value!)</p>		<p>BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!</p>	

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

NEW! **Elia Bean Solo Art Show Opening** - Saturday, September 7th, 7:00 - 10:00 p.m., an evening of color and passion! Elia is an original fun, passionate and romantic artist—come enjoy her collection of mixed media, acrylic pouring, resin epoxy and photography. Info: Elia Bean: 619-495-0571 • IG @eliabean • www.artbyelia.com Show runs from September 7th - September 16th. Don't miss it!

FUN! **Writers' Open Mic** - Friday, September 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: Tish for Info: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Sign UP! **Painting in Acrylic or Oils & Mixed Media Collage** - 8 Sundays, September 15th - November 10th (No class 10/13), 1:00 - 4:30 p.m., \$300. This relaxed supportive class will introduce you (or refresh you) to the basics of painting on canvas or pastels on paper. Work either realistically or abstractly and learn good basics. Therese Rossi, MFA & Expressive Arts Therapist: 619-395-5847, therese.rossi@sbcglobal.net

Sign UP! **NEW "Visioning Journal" Groups - 12-Week Group** - Thursdays, September 19th-December 12th, \$540. (Ask if you need a payment plan.) Choose Morning Group: 10:15 a.m. - 12:45 p.m. OR Evening Group: 6:00 - 8:30 p.m. Set your intention and work with it through a visioning practice to feed your creative spirit AND work toward your intention! Can become a life-long practice that is vibrant, personal, satisfying and keeps your visions alive. • Dedicated art time with no distractions! • Be inspired by others! • Feel the support of making art in community! • Play and experiment with art materials! • A chance to de-stress and relax! No experience needed. RSVP/info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

NEW! **Sewing BEE Open Studio** - Saturday, September 21st, 10:00am-1:00pm, \$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!

Join Us! **"LET'S FACE IT - A PORTRAIT SHOW" OPENING**
Saturday, September 21st • 6:00 - 9:00 p.m. A FREE community event! Every face has a story.
Call for Entry: Artists deliver work on Tuesday, September 17th, 3:00 - 6:00 p.m. or make other arrangements with Tish.
Also looking for writer's who will write a story inspired by a portrait in the show to read at the October 18th Show Reception.

NEW! **Let Art Lead You to Abundance—for Women Business Owners** - Saturday, September 28th, 10:00 am - 4:00 pm, \$69. Could you use a day to refocus and recharge YOU? Come remove mental blocks about money—tap into your intuition through playing with your creativity. You'll be guided through easy creative activities to help open your heart and mind and to try something new. No art experience needed to succeed in this fun and productive workshop. For info and registration: Gayle Goldman at 619-249-7257 or gayle@thrivebusinessservices.net

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

Creative Kids After School Mondays, Tuesdays & Fridays—3:30 - 5:00 p.m., Ages 5-12

Kids will have a great time creating with reusable materials in the Green Art Labs after school class. STEAM learning: designing, planning, creative thinking, problem solving, collaborating and hands-on fun while learning about sustainable ways to live lightly on our planet. We pick up students from McKinley Elementary at 3:00 p.m., for an additional fee. Classes start in September and go through December.

Creative Families Mondays, Wednesdays & Fridays—10:00 a.m. - Noon, Ages 2-5 with Parent

This sensory and process-based art class will bring out the shared joy of creating with your child. Freely explore art stations inside the studio – hands-on fun for both child and parent. Families will use their problem solving, social-emotional skills, creative thinking, fine motor development, confidence, and more to make hands-on projects. \$20 per session per family. Older and younger siblings are invited, also.

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 - 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 - September 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 - September 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 pm, New 8-week class starts September 15th. Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net (See FRONT.)

FOR KIDS: Classes start again September 9th! SEE ABOVE.

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

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

- 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
Pins • Magnets • More!