



**JUMP INTO FALL!**  
What do you need to let go of so you can make ART!

**NO PREVIOUS ART EXPERIENCE NEEDED!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the 30-Day Express Pass, Only \$111(\$300+ value!)	<b>1</b> *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm Creative Collaboration 7:00 - 9:00 p.m.	<b>2</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>3</b> New Visioning Journal Groups start in January, start planning now!	<b>4</b> Evening Private Event	<b>5</b> Day of the Dead Headpiece Workshop 5:00 - 7:00 p.m.
<b>6</b> Painting and Mixed Media 1:00 - 4:00 p.m.	<b>7</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>8</b> *Women's Expression Session 10 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	<b>9</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>10</b> New Visioning Journal Groups start in January, start planning now!	<b>11</b> Writers' Open Mic 7:00. - 9:00 p.m.	<b>12</b>
<b>13</b> *Art Church 10:00 a.m. Painting and Mixed Media 1:00 - 4:00 p.m.	<b>14</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>15</b> *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm Creative Collaboration 7:00 - 9:00 p.m.	<b>16</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>17</b> New Visioning Journal Groups start in January, start planning now!	<b>18</b> PORTRAIT Show - Storytelling Night & Reception - FREE Community Event 6-9 p.m.	<b>19</b> IMPROV DRAMA with HEART AND SOUL Playback Theater Practice 9:00 a.m.-Noon
<b>20</b> Painting and Mixed Media 1:00 - 4:00 p.m.	<b>21</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>22</b> *Women's Expression Session 10 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	<b>23</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>24</b> New Visioning Journal Groups start in January, start planning now!	<b>25</b> *Art Happy Hour 7:00 - 11:00 p.m. (Singles, couples, friends, family!)	<b>26</b>
<b>27</b> *Art Church 10:00 a.m. Writer Studio 1:00 - 4:30 p.m.	<b>28</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>29</b> *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm	<b>30</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>31</b> Halloween	<b>BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT!</b> No art experience needed by your guests!	

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

**NEW!** **Creative Collaboration** - Tuesdays, October 1st & 15th, 7:00-9:00 p.m., \$10 suggestion donation. Why is creative collaboration so important in the workplace? Studies show that groups, rather than individuals, tend to innovate faster, see mistakes more quickly and find better solutions to problems. Psychological safety, more than anything else, is critical to making a team work. Together we'll go through several fun and engaging activities that will help foster psychological safety among our group. You'll learn skills that you can apply to your workplace team and/or your life! Come solo or bring a friend! Light refreshments and snacks provided. Contact Anna at [anna.guillotte@gmail.com](mailto:anna.guillotte@gmail.com) or 619-536-8816

**NEW!** **Day of the Dead Headpiece Workshop** - Saturday, October 5th, 5:00 - 7:00 p.m. \$30 (Materials included!) This class will provide you with the supplies and guidance that you need in order to create a beautiful, custom headpiece of your own. Dia De Los Muertos is right around the corner and many of you may be participating in or hosting events that will allow you to share your lovely headpiece. We will have flowers and other embellishments to choose from. You may incorporate a veil to your flower headpiece as well. Contact: Luz at 619-997-5726 or email at [lucykins26@yahoo.com](mailto:lucykins26@yahoo.com) Tickets: [www.eventbrite.com/e/day-of-the-dead-headpiece-workshop-tickets-73602592335](http://www.eventbrite.com/e/day-of-the-dead-headpiece-workshop-tickets-73602592335)

**YES!** **Writers' Open Mic** - Friday, October 11th, 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](mailto:tish@ExpressiveArtsSanDiego.com)

**Join Us!** **"LET'S FACE IT" A PORTRAIT SHOW STORYTELLING NIGHT & RECEPTION**  
Friday, October 18th • 6:00 - 9:00 p.m. A FREE community event!  
Every face has a story. We are asking writers to create stories for the portraits in the show.  
Come hear what they have created! Open Mic for the stories will begin at 7:00 p.m.

**SAVE THE DATE!**  
**Artist Market & Show**  
Friday, November 15th,  
6-9pm, A FREE Event!

**IMPROV DRAMA with HEART AND SOUL** - October 19th, 9 a.m.-Noon, \$20. Do you have a dramatic spark in you that needs an outlet? Learn the art of Playback Theatre improvisation where we use real life stories as our scripts. Rehearse with Minstrels of Story Playback troupe. All levels welcome! For more info contact Francine at 858-200-6617 or [creativewellness6@gmail.com](mailto:creativewellness6@gmail.com) • [www.playbacktheatresandiego.com](http://www.playbacktheatresandiego.com)

**NEW!** **Writer Studio Workshop** - Sunday, October 27th, 1:00 - 4:30 p.m., \$40 early bird by 10/15, \$50 after. Every story needs to be told! Would you like dedicated time for your writing? Do you have a project you want to make progress with or kickstart? Would you like the support of other writers? Writing can be easier in the company of other writers! Let this 3.5 hour Writing Studio support you to get started, keep going or get back to it. You will get writing prompts, large chunks of time to work on a project, chances for support and reading. All levels of writers welcome—No writing experience needed, just the desire to write! Info: Tish: 619-251-8474 or [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

Schedule subject to change, call to RSVP and confirm.

**See back for more offerings & info!**

**KIDS OFFERINGS!**

## **Creative Kids After School** Mondays & Tuesdays—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—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 - October 11th, 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 - October 25th, 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 p.m.,** Fall Class happening, Join any time. Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

## **FOR KIDS: SEE ABOVE.**

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 Books • Art • Cards  
Pins • Magnets • More!

**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!**

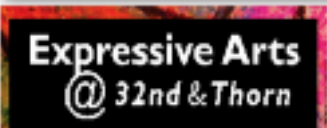
Great support for your life to help you manage stress, create change, live a more satisfying life or to just feel more artful.

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  
**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.

Make ART that CHANGES your life!