



# JANUARY Offerings

START THE YEAR by answering your longing for a more creative life and community!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Offerings included in the <b>30-Day Express Pass</b> Only \$111 (\$300+ value!)</p>			1 New Year's Day	2 New 12 wk Visioning Journal Groups starts January 16th, ONE opening left!	3	4
5 YOGA 5:00-6:00 pm	6 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	7 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm	8 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	9 New 12 wk Visioning Journal Groups starts January 16th, ONE opening left!	10 Writers' Open Mic 7:00 - 9:00 p.m.	11 Sewing Bee 10:00 a.m. - 1:00 p.m.
12 *Art Church 10:00 a.m. Afternoon Private Event YOGA 5:00-6:00 pm	13 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	14 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *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 12 wk Visioning Journal Groups starts today, must be preregistered!	17	18 Playback Theater Practice 9:00 a.m.-Noon <b>5,985 Days of Daily Art, a Retrospective. Show Opening A FREE Community Event 6-9 p.m.</b>
19 Painting & Mixed Media 1:00 - 4:00 p.m. YOGA 5:00-6:00 pm	20 Martin Luther King Day <b>MLK KIDS ART CAMP</b> 9:00 a.m. - 3:00 p.m. GreenArtLabs.com	21 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm	22 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	23 New Visioning Journal Groups start in April!	24 *Art Happy Hour 7:00 - 11:00 p.m. (Singles, couples, friends, family!)	25
26 *Art Church 10:00 a.m. Painting & Mixed Media 1:00 - 4:00 p.m. YOGA 5:00-6:00 pm	27 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	28 *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *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 in April!	31	

## UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

## Winter Groups Start—Only One Opening Left in Each Group!

Sign UP NOW

**Visioning Journal Group - NEW 12-Week Closed Group** - Thursdays, January 16th-April 2nd, Choose Morning Group: 10:30 a.m. - 1:00 p.m. OR Evening Group: 6:00 - 8:30 p.m. \$540 - **ONE OPENING LEFT**. Set your intention(s) and work with it through a visual journal practice to feed your creative spirit AND toward your intention! Learn more: [www.expressiveartssandiego.com/visioning-journal-group](http://www.expressiveartssandiego.com/visioning-journal-group).

**So You Want to Write? 12-Week Support Group** Mondays, January 13th - March 30th, 6:00 - 8:15 p.m., \$540. **ONE OPENING LEFT**. 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 stuck-ness, 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](http://www.expressiveartssandiego.com/writer-support-group)

**Vinyasa Yoga Class** - Starts again January 5th, 5:00 - 6:00 p.m., \$10 Suggested Donation. Contact Felena: [felena@herahub.com](mailto:felena@herahub.com)

**Writers' Open Mic 2nd Friday** - Friday, January 10th, 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: 619-251-8474 or [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

**Sewing BEE Open Studio** - Saturday, January 11th, 10:00 a.m. - 1:00 p.m., \$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 [sharontittle@gmail.com](mailto:sharontittle@gmail.com) Sew excited!

## 5,985 Days of Daily Art, a Retrospective of the Daily Art of Tish McAllise Sjoberg Show Opening - Saturday, January 18th • 6:00 - 9:00 p.m. A FREE community event!

Come be inspired by what can happen in a life when one woman makes art every day. We don't have enough space to show it all, but you can see a selection of 16 years of daily art practices. You may leave inspired to start your own creative practice!

**Envision 2020 - A Vision Board Workshop!** - Saturday, January 25th, 1:00-5:00 p.m., \$72, includes all materials. Create a vision board as an opportunity to define and clarify the path you want to take—either by illustrating a specific vision or collecting the images that attract you and letting your vision unfold. RSVP: Elizabeth Jacobowitz, MA, 619-417-2373, [elizabeth@embodimentarts.com](mailto:elizabeth@embodimentarts.com) or [EmbodimentArts.com/envision](http://EmbodimentArts.com/envision).

**Create Your Own Art Practice** - Saturday, February 22nd, 10:00 a.m. - 3:00 p.m., \$75 early bird by 2/15, \$85 after 2/15. Have you had the idea that making some sort of art REGULARLY (even DAILY) would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop will help you get started and keep going! All disciplines of art: visual, dance, music, writing or drama. A small price for a BIG LIFE! RSVP/info: Tish McAllise Sjoberg: 619-251-8474 or [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

See back for more offerings & info!

©2020 Expressive Arts @ 32nd & Thorn • 3201 Thorn Street, San Diego, 92104  
[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • 619-251-8474

## Fun LOVE EVENTS coming in February!

**For Men: Learn the 6 Keys to Boost Your Sex Appeal** - Saturdays, February 1st or February 29th, 2:00 p.m. - 4:00 p.m., Free! This workshop is designed for single hetero men 30 and older who may have reservations around dating and desire an authentic relationship. Come learn the six keys to access confidence in your sexuality and yourself. FIND OUT WHAT WOMEN ARE LOOKING FOR! To Register: [michelelyons.com/registerforfreeworkshop/](http://michelelyons.com/registerforfreeworkshop/) For more information: Call Michele at 858-357-3207 or email [coachmkyons@gmail.com](mailto:coachmkyons@gmail.com)

**Valentine Foreplay--An evocative writing workshop with Judy Reeves** - February 8th, 1:30-4:30 p.m., \$45. [jareeves@mac.com](mailto:jareeves@mac.com)

**Valentine Card Collage Open Studio** - February 8th, 6:00-9:00 p.m., \$10. Info: 619-251-8474 or [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

**Valentine Art Happy Hour** - February 14th, 7:00-10:00 p.m., \$30. Info: 619-251-8474 or [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

## 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 & build a following. All levels welcome, beginners to experts. Audience welcome & essential! Contact Ray Muniz, 619-318-2315, [rainman94@cox.net](mailto: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** - January 10th, 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** - January 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, 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., Winter class begins January 19th! Join any time. Contact Therese Rossi 619-395-5847, [therese.rossi@sbcglobal.net](mailto:therese.rossi@sbcglobal.net)

**FOR KIDS:** After-School Classes and Parent/Toddler Classes begin January 6th!

For info contact Joan Green: [joan@greenartlabs.com](mailto:joan@greenartlabs.com), (619) 206-6613, [www.GreenArtLabs.com](http://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!

**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](mailto:tish@ExpressiveArtsSanDiego.com)  
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, CA 92104  
**[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)**

©2020 Tish McAllise Sjoberg / Art Helps Art Heals / Expressive Arts @ 32nd & Thorn / Expressive Arts San Diego

• 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

**SCRIBBLE KITS**  
**AVAILABLE at the**  
**studio! The MOST**  
**original & engaging gift**  
**this season!**