



MY VOICE

media center

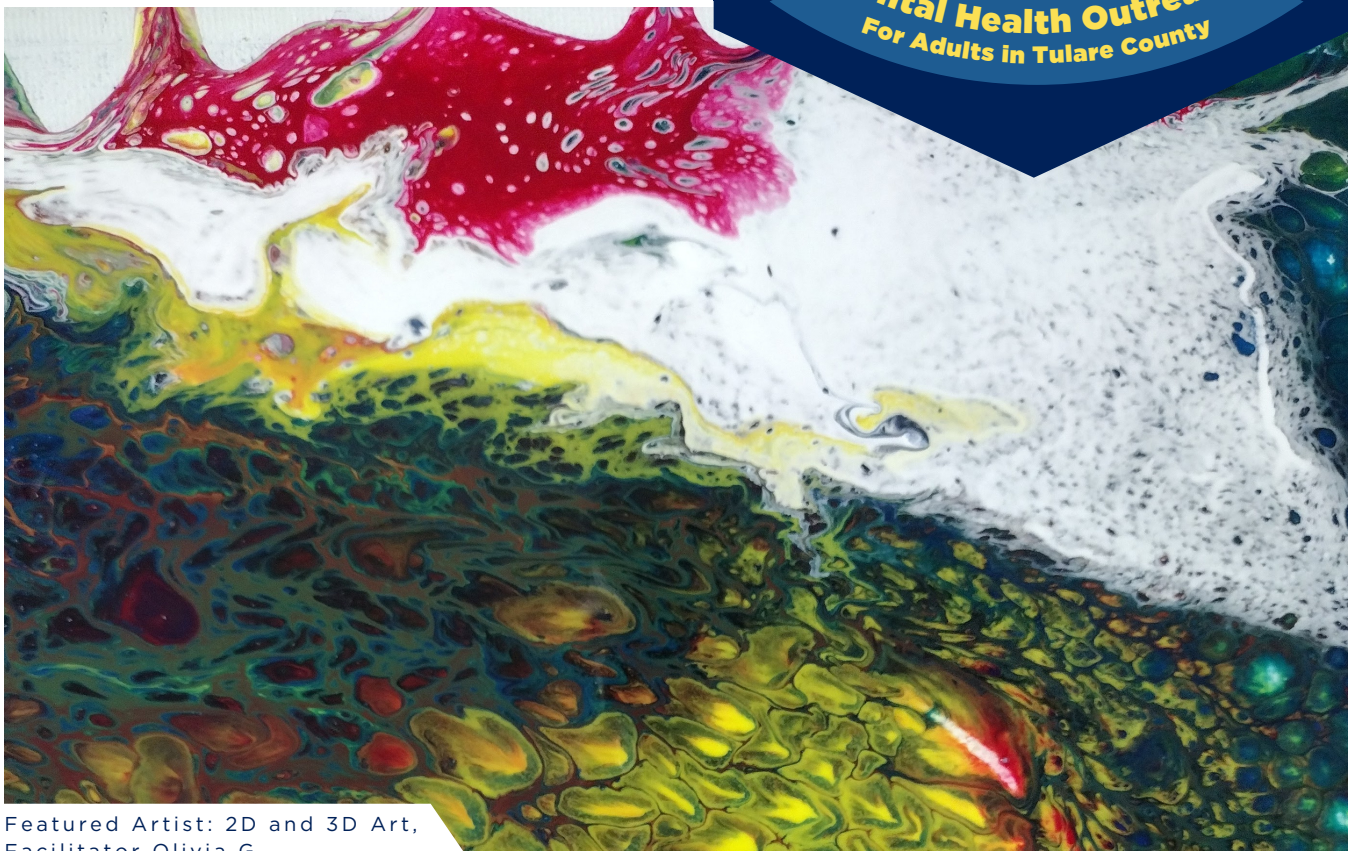
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Featured Artist: 2D and 3D Art,
Facilitator Olivia G.



MY VOICE

media center

FREE ART SESSIONS

Mental Health Outreach
For Adults in Tulare County

My Voice Media Center is an entity of the Arts Consortium. We offer free art sessions for adults, and their family and friends, who have lived-experience with mental health struggles in their lives. We encourage participants to express themselves through the arts and support their path of wellness, recovery and resilience.

Sessions

NSSB No Stigma Speakers Bureau's Public speaking practice session.

Thurs Art Video Watch an art video step by step or other video planned by staff

Guitar Learn to make music with the guitar. Learn to read sheet music.

Drawing Practice basic skills of drawing for composition.

Printmaking Learn techniques for creating original prints.

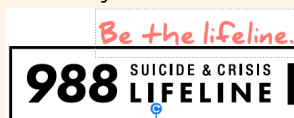
Peer Support One-on-One Session with a Peer Support Specialist (by appointment)

Video Editing Practice skills necessary for editing video clips.

2D and 3D Art Art exercises using color, texture, and materials.

Acrylics Learn the fundamentals of painting.

Photo Editing Learn how to capture and edit your own videos.



January 2023

Schedule

Deciding December

"You change your life by changing your heart."

Max Lucado

TUESDAY

- Photo Editing: 11-1pm
- Guitar: 1-3pm

- **NSSB: 10-11am**
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WEDNESDAY

- Drawing: 10-12pm
- Printmaking: 12-2pm

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THURSDAY

- Painting: 10-12pm
- 2D and 3D Art: 12-2pm

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- Painting: 10-12pm
- 2D and 3D Art 12-2pm

- Painting: 10-12pm
- **Thurs Art Video 12-2PM**

FRIDAY

- Video Editing: 12-2pm
- **AC First Friday**
- **Caroling 5-8 PM**

- Video Editing: 12-2pm

- Video Editing: 12-2pm

- 1/2 Day - Open 10-12:30
- **Pajama Day!**