



# MY VOICE

media center

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# FREE ART SESSIONS

**Mental Health Outreach**  
For Adults in Tulare County



Featured Artist: Anthony, Photo Editing  
Facilitator Phet Kamsaysoury

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 session.

### Guitar

Learn from any level of guitar, sheet music, and performing.

### Painting

Learn the fundamentals of painting and working on canvas.

### Drawing

Practice basic and advanced skills 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 various art media.

### Photo Editing

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

### Thurs Art Video

Watch an art video step by step or other video planned by staff

### Art and Feelings

Explore the connections between feelings, shapes, style, and colors.



# March 2023

## Calendar

### Mindful March

"Inspiration exists, but it has to find you working."

Pablo Picasso

### TUESDAY



28

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

7

- NSSB: 10-11am
- Photo Editing: 11-1pm
- Guitar: 1-3pm

14

21

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

28

- NSSB: 10-11am
- Photo Editing: 11-1pm
- Guitar: 1-3pm

### WEDNESDAY

1

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

8

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

15

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

22

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

29

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

### THURSDAY

2

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

9

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

16

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

23

- Painting: 10-12pm
- Peer Support 2-3pm

30

- Painting: 10-12pm
- 2D and 3D Art 12-2pm
- Peer Support 2-3pm
- Thurs Art Video 12-2PM

### FRIDAY

3

- Video Editing: 12-2pm
- Peer Support 2-3pm
- Art and Feelings 10-12pm
- AC First Friday 5-8PM

10

- Video Editing: 12-2pm
- Peer Support 2-3pm
- Art and Feelings 10-12pm

17

- Video Editing: 12-2pm
- Peer Support 2-3pm
- Art and Feelings 10-12pm
- St. Patrick's Day

24

- Video Editing: 12-2pm
- Peer Support 2-3pm
- Art and Feelings 10-12pm

31

- Video Editing: 12-2pm
- Peer Support 2-3pm
- Art and Feelings 10-12pm