



# MY VOICE

media center

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ARTS CONSORTIUM



**HHSA**  
1-800-834-7121 • [www.tchhsa.org](http://www.tchhsa.org)



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# FREE ART SESSIONS

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



Art: Art and Feelings, by John H.,  
Drawing, by Janis, Painting, by Sheila  
Drawing, by Janis



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 our Peer Support Specialist (by appointment only)
- Video Editing** Practice skills necessary for editing video clips into shorts and videos.
- 2D and 3D Art** Art exercises using color, texture, and various art media.
- Photo Editing** Practice editing your digital photography and using the software.
- Art Computers** Art computer time for your artistic needs (limited)
- Art and Feelings** Explore the connections between feelings, shapes, style, and colors.
- Art of Movement** Learn artful poses for mind-body wellness.
- \*Kids Art Night** Collaboration with HEAL, Allensworth Community Center, and CASA of Tulare County to provide for youth.

# March 2024

## Calendar

“You can't live life without being a participant in it.”  
~ Sheila A.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	27	28	29	1
	<ul style="list-style-type: none"> <li>• <b>HNSA/MNSA Filming NSSB speakers 10-3 pm</b></li> <li>• <b>Photo Editing: 11-1pm (Zoom)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drawing: 10-12pm</b></li> <li>• <b>Video Editing: 11-2pm</b></li> <li>• <b>Guitar 1-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Painting: 10-12pm</b></li> <li>• <b>2D and 3D Art 12-2pm</b></li> <li>• <b>Peer Support 2-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Art and Feelings 10-12pm</b></li> <li>• <b>Printmaking 12-2pm</b></li> <li>• <b>Art of Movement 2-3pm</b></li> <li>• <b>AC First Friday 5-8pm</b></li> </ul>
	5	6	7	8
	<ul style="list-style-type: none"> <li>• <b>Art Computers 10-11am</b></li> <li>• <b>Photo Editing: 11-1pm (Zoom)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drawing: 10-12pm</b></li> <li>• <b>Video Editing: 11-2pm</b></li> <li>• <b>Guitar 1-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Painting: 10-12pm</b></li> <li>• <b>2D and 3D Art 12-2pm</b></li> <li>• <b>Peer Support 2-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Art and Feelings 10-12pm</b></li> <li>• <b>Printmaking 12-2pm</b></li> <li>• <b>Art of Movement 2-3pm</b></li> </ul>
	12	13	14	15
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	19	20	21	22
	<ul style="list-style-type: none"> <li>• <b>Art Computers 10-11am</b></li> <li>• <b>Photo Editing: 11-1pm (Zoom)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drawing: 10-12pm</b></li> <li>• <b>Video Editing: 11-2pm</b></li> <li>• <b>Guitar 1-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Painting: 10-12pm</b></li> <li>• <b>2D and 3D Art 12-2pm</b></li> <li>• <b>Peer Support 2-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Art and Feelings 10-12pm</b></li> <li>• <b>Printmaking 12-2pm</b></li> <li>• <b>Art of Movement 2-3pm</b></li> </ul>
	26	27	28	29
	<ul style="list-style-type: none"> <li>• <b>NSSB: 10-11am</b></li> <li>• <b>Photo Editing: 11-1pm (Zoom)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Recovery Champions Lunch 10-2pm</b></li> <li>• <b>*CASA Art Night 5pm - 6:30pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Painting: 10-12pm</b></li> <li>• <b>2D and 3D Art 12-2pm</b></li> <li>• <b>Peer Support 2-3pm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Art and Feelings 10-12pm</b></li> <li>• <b>Printmaking 12-2pm</b></li> <li>• <b>Art of Movement 2-3pm</b></li> </ul>