



MY VOICE

media center

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FREE ART SESSIONS

Mental Health Outreach
For Adults in Tulare County



Featured Sessions: Painting, CASA Kids Art Night, Printmaking, Art and Feelings

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 (appointment)
- 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 and Feelings** Explore the connections between feelings, shapes, style, and colors.
- Art of Movement** Learn artful poses for mind-body wellness.



September 2023

Calendar

"The epic story of tomorrow can't be written if it ends today." -Unknown

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1
			<ul style="list-style-type: none"> MVMC CLOSED for Labor Day First Friday, 5-8pm
5	6	7	8
<ul style="list-style-type: none"> Photo Editing: 11-1pm Guitar: 1-3pm 	<ul style="list-style-type: none"> Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	<ul style="list-style-type: none"> Painting: 10-12pm 2D and 3D Art 12-2pm Peer Support 2-3 pm 	<ul style="list-style-type: none"> Art and Feelings 10-12pm (Conquering the Critic) Printmaking: 12-2pm Art of Movement 2-3pm
12	13	14	15
<ul style="list-style-type: none"> NSSB: 10-11am Photo Editing: 11-1pm Guitar: 1-3pm 	<ul style="list-style-type: none"> Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	<ul style="list-style-type: none"> Painting: 10-12pm 2D and 3D Art 12-2pm Peer Support 2-3pm 	<ul style="list-style-type: none"> Art and Feelings 10-12pm (Paper Mache) Printmaking 12-2pm Art of Movement 2-3pm
19	20	21	22
<ul style="list-style-type: none"> Photo Editing: 11-1pm Guitar: 1-3pm 	<ul style="list-style-type: none"> Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	<ul style="list-style-type: none"> Painting 10-12pm No 2D and 3D Art today! NO Peer Support today. 	<ul style="list-style-type: none"> Art and Feelings 10-12pm (Water Bottle Painting) Printmaking: 12-2pm Art of Movement 2-3pm
26	27	28	29
<ul style="list-style-type: none"> NSSB: 10-11am Photo Editing: 11-1pm Guitar: 1-3pm 	<ul style="list-style-type: none"> Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	<ul style="list-style-type: none"> Painting 10-12pm 2D and 3D Art: 12-2pm Peer Support 2-3pm 	<ul style="list-style-type: none"> Art and Feelings 10-12pm (Paper Mache) Printmaking: 12-2pm Art of Movement 2-3pm