







media center

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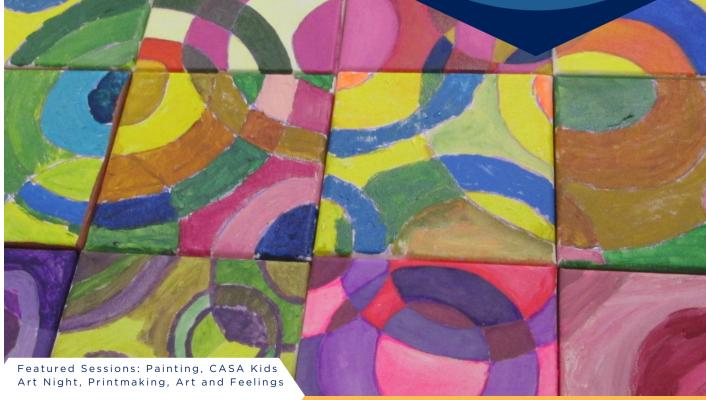


MY VOICE

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

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 Editina

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 mindbody wellness.



September 2023

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	• MVMC CLOSED for Labor Day • F1rst Friday, 5-8pm
Photo Editing: 11-1pmGuitar: 1-3pm	 Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	Painting: 10-12pm 2D and 3D Art 12-2pm Peer Support 2-3 pm	 Art and Feelings 10-12pm (Conquering the Critic) Printmaking: 12-2pm Art of Movement 2-3pm
NSSB: 10-11am Photo Editing: 11-1pm Guitar: 1-3pm	 Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	Painting: 10-12pm2D and 3D Art 12-2pmPeer Support 2-3pm	 Art and Feelings 10-12pm (Paper Mache) Printmaking 12-2pm Art of Movement 2-3pm
• Photo Editing: 11-1pm • Guitar: 1-3pm	 Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	 Painting 10-12pm No 2D and 3D Art today! NO Peer Support today. 	• Art and Feelings 10-12pm (Water Bottle Painting) • Printmaking: 12-2pm • Art of Movement 2-3pm
26 NSSB: 10-11am Photo Editing: 11-1pm Guitar: 1-3pm	 Drawing: 10-12pm Video Editing: 12-2pm Peer Support 2-3pm 	Painting 10-12pm 2D and 3D Art: 12-2pm Peer Support 2-3pm	• Art and Feelings 10-12pm (Paper Mache) • Printmaking: 12-2pm

Art of Movement 2-3pm