



MY VOICE

media center

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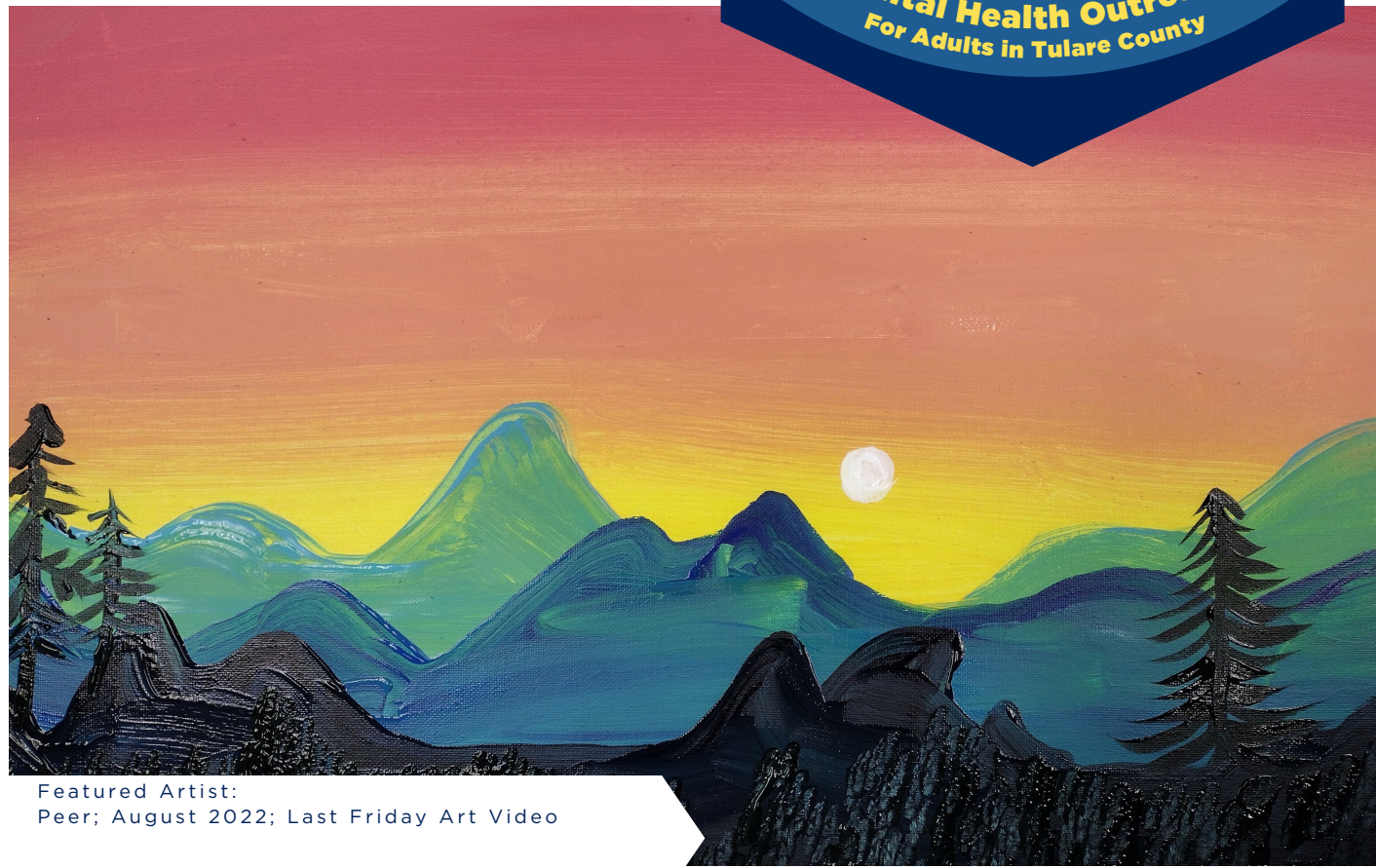


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FREE ART SESSIONS

Mental Health Outreach
For Adults in Tulare County



Featured Artist:
Peer; August 2022; Last Friday Art Video

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.

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

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).

Photography Learn how to set the mood and snap your own photographs.

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

Acrylics Learn the fundamentals of painting.

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

NAMI A confidential support group for peers to connect (pre-registration required).

October 2022

Schedule

Outstanding October

"Every individual matters.
Every individual has a role
to play. Every individual
makes a difference."

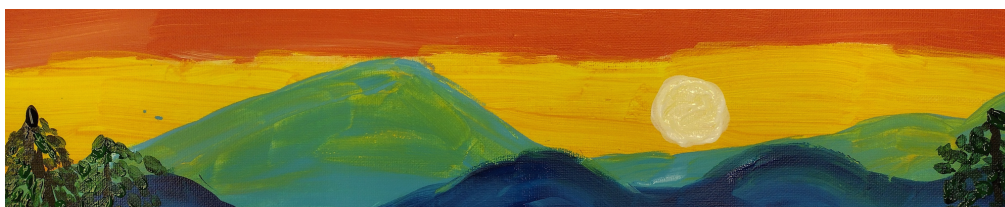
Jane Goodall

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



30

- Photography: 10-12pm
- Video Editing: 12-2pm
- AC First Friday 5PM-8PM

4

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

7

- Drawing: 10-12pm
- Printmaking: 12-2pm
- Peer Support: 2-3pm

8

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

9

- Photography: 10-12pm
- Video Editing: 12-2pm

11

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

12

- Drawing: 10-12pm
- Printmaking: 12-2pm
- Peer Support: 2-3pm

13

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

14

- Photography: 10-12pm
- Video Editing: 12-2pm

18

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

19

- Drawing: 10-12pm
- Printmaking: 12-2pm
- Peer Support: 2-3pm

20

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

21

- Photography: 10-12pm
- Video Editing: 12-2pm

25

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

26

- Drawing: 10-12pm
- Printmaking: 12-2pm
- Peer Support: 2-3pm

27

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

28

- Photography: 10-12pm
- Video Editing: 12-2pm
- Last Friday Art Video