



MY VOICE

media center

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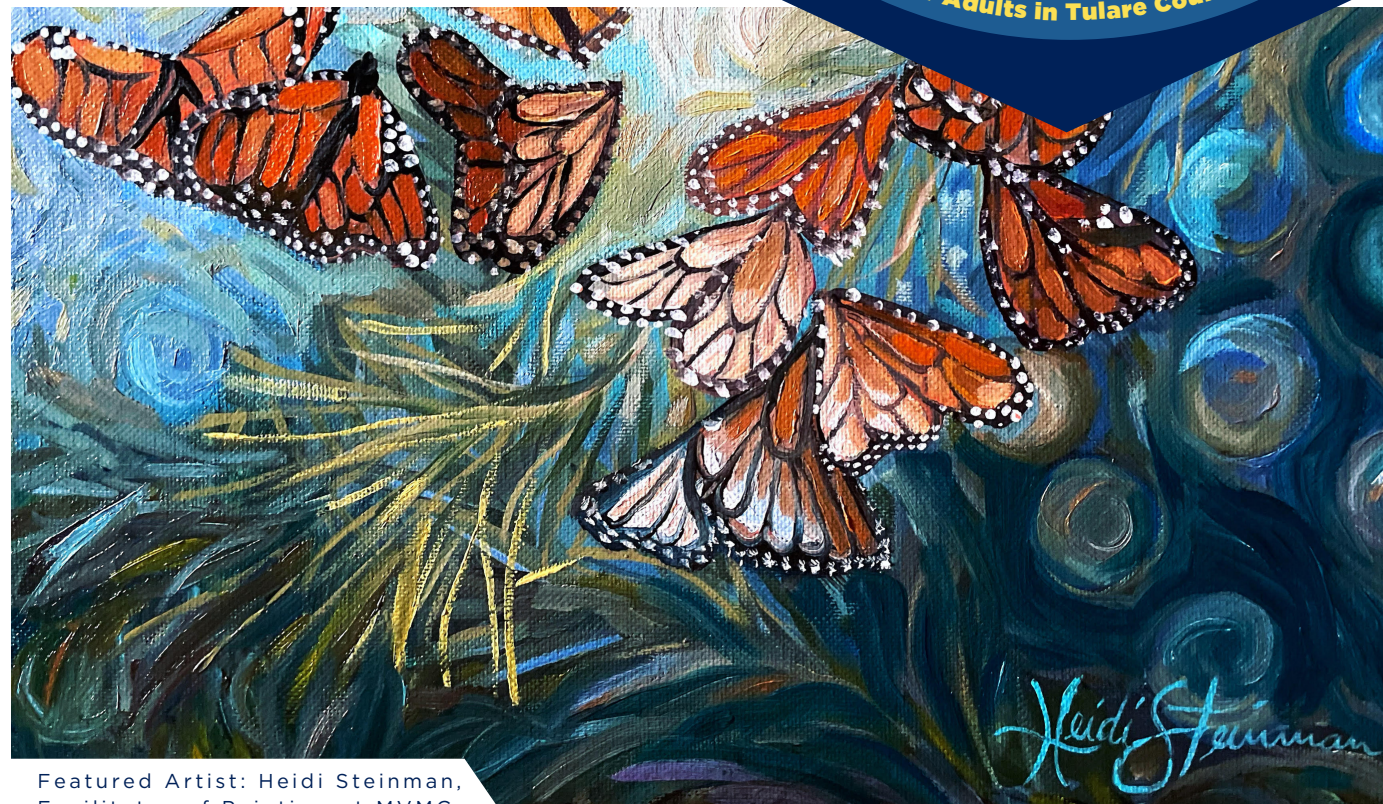


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FREE ART SESSIONS

Mental Health Outreach
For Adults in Tulare County



Featured Artist: Heidi Steinman,
Facilitator of Painting at MVMC

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.

Thurs Art Video Watch an art video step by step or other video planned by staff

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

Drawing Practice basic skill of drawing for composition.

Printmaking Learn techniques for creating original prints.

Peer Support One-on-One Session with a Peer Support Specialist (by appointment)

2D and 3D Art Learn how to set the mood and snap your own photographs.

Acrylics Art exercises using color, texture, and materials.

Video Editing Learn the fundamentals of painting.

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

December 2022

Schedule

Deciding December

"You change your life by changing your heart."

Max Lucado

TUESDAY



6

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

13

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

20

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

27

Closed for the Holiday

WEDNESDAY

7

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

14

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

21

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

28

Closed for the Holiday

THURSDAY

1

- **Painting: 10-12pm**
- **2D and 3D Art: 12-2pm**

8

- **Painting: 10-12pm**
- **2D and 3D Art: 12-2pm**

15

- **Painting: 10-12pm**
- **2D and 3D Art 12-2pm**

22

- **Painting: 10-12pm**
- **Thurs Art Video 12-2PM**

29

Closed for the Holiday

FRIDAY

2

- **Video Editing: 12-2pm**
- **AC First Friday**
- **Caroling 5-8 PM**

9

- **Video Editing: 12-2pm**

16

- **Video Editing: 12-2pm**

23

- **Video Editing: 12-2pm**
- **Pajama Day!**

30

Closed for the Holiday