

# Creative Wellness Opportunities

Workshops and mutual support groups are formed and facilitated by peers in recovery and are designed to be shared with individuals focused on their mental health journeys.

**Abstract Watercolor:** Use watercolor collage and other techniques, splatter, wet-in-wet layering and lifting paint, & blotting to create abstract paintings. (Studio)

**Abstract Art Styles:** Learn from different 20th century abstract artists and explore making works in your own personally chosen media (acrylic, watercolor). This will not meet on Dec. 11. (Studio)

**Alcohol Ink:** A fun and vibrant use of colors which can be created on a variety of surfaces. We will experiment with various techniques and styles. We will employ a variety of additional techniques through demonstration in a mindful environment. **\*Registration Required (Studio)**

**Altoid Vignettes: (Only Dec. 13)** Make a winter scene inside an Altoid tin using upcycled materials. (Studio)

**Art Challenge Review:** Artist's gather to discuss their interpretation of the monthly challenge theme, their inspiration what they have created. (Main Space)

**Art Exposed:** View and discuss tutorials from contemporary artists to learn new techniques to incorporate into your work. (Studio)

**Art Facilitator Meeting:** A gathering of current art facilitators for discussion. (Room C)

**Art Journaling:** Use mixed media techniques to create artful books. (Room C)

**Batik Made Easy:** Exploring the ancient art form of Batik painting. No prior art experience necessary. Fun provided. **\*Registration Required (Studio)**

**Block Printing:** Exploring different methods of making prints, including materials such as Styrofoam, stamps, linoleum, and found materials. This will not meet on Dec. 12. **\*Registration Required (Studio)**

**Collaborative Gifts:** Creating a variety of items for donations that are presented to different community outlets as a gift from CWO. (Studio)

**Collaborative Expressions:** Sometimes the total is greater than the sum of all its parts. We will harness the creative energy of the collective to create collaborative works using found objects and materials from the general studio. This workshop is open to all who enjoy working together to create a single piece though the principles of mutual respect, active listening & working together for a common goal. (Studio)

**Collage & Transfers:** Create collages with mixed media. Learn to transfer images to paper to include in collage work. (Studio)

**Collage and/or Watercolor:** Experiment with watercolor materials and techniques and/or create a collage with a variety of mixed materials. (Studio)

**Color Me Calm:** As a group we will seek to reduce our anxiety and relax our minds by quietly coloring and listening to music. While we color we focus our minds on the peacefulness of the present moment. (Room C)

**Community Circle:** Connecting breath with creativity. We will experiment with a fusion of creative mark-making and meditation. We will draw in connection with our breath using various materials and mediums. (1st Thurs.) **\*Registration Required (Conf. A&B)**

**Creative Movement:** Open movement to a variety of music chosen by the group. We will stretch, dance, and move to the lively sounds and beats that inspire us to play with imaginative movement. (Room D)

**Crochet & Knitting:** Basic crochet and knitting stitches & projects. (Room D)

**Decorated Glass Vessels:** Bring your own empty glass vessel. Decorate these vessels using a variety of materials including: ribbon, yarn, fabric. Be inspired and bring your own 2D material to complete your project. **\*Registration Required (Studio)**

**Decoupage Photos:** We will decoupage your photos of family and friends onto wood. One piece of wood per person. Bring your own photos. **\*Registration Required (Studio)**

**Drawing Techniques:** Sharpen those pencils and your drawings skills in this workshop! Practice and learn basic drawing techniques using a variety of drawing materials and tools including charcoal, pencil & pen and ink. This workshop includes a rotating still life in the studio and occasional live drawing at Village Gate. (Studio)

**Eating Disorders Anonymous MSG:** A mutual support group for those in recovery and facing challenges with eating disorders. We share milestones of recovery and discuss challenges. Format is modeled closely after Eating Disorders Anonymous. (Library)

**Emotions Anonymous:** The program was adapted from AA to meet the needs of

emotional issues. The group supports achieving and maintaining a balance of emotional health. EA supports personal spiritual growth and sends the message "You are not alone". (Room D)

**Gentle Yoga:** Yoga in an easy, simple form. Geared as a gentle exercise for your mental and physical health. Connect with your inner peace. "We are all one when we live from the heart." Namaste. (Main Space)

**Greeting Cards:** Make your own blank greeting cards using mixed media and different techniques. (Studio)

**Guitar and Vocals:** We will learn how to play music together while we sing as an added option. (Room D)

**Guitar 101:** This workshop is for beginners who want to have an opportunity to experience playing guitar. If you have never picked up a guitar in your life or wished you had, you are more than welcome to attend. (Room D)

**Hoarders & Clutterers MSG:** This group offers peer-to-peer support for those wishing to change their habits. First and Third Thurs. (Room A/B)

**Iaido:** Introduction to Iaido, a Japanese meditative art using a wooden sword in tandem with breathing and meditation. (Main Space)

**Junk Art Journals:** Make a journal from recycled materials and learn various techniques to decorate the pages. (Replaced by Altoid Vignettes on 12/13) (Studio)

**Kindness Rocks:** We will paint rocks and write positive and encouraging words, quotes, and anything uplifting. Once the rocks are done, each person will choose to keep it, give it as a gift or leave them outside to uplift anyone who picks it up. (Studio)

**Letting Go:** A safe group to journey together in the healing process of grieving the losses in our lives. Different material is covered at each session. (Library)

**Mandalas:** Learn the meditative process of creating mandalas. Creating within a sacred circle can lead you to become centered and mindful. (Room C)

**Meditation:** We will explore different meditation styles and their benefits. (Library)

**Mindfulness:** Guided Meditations and Mindfulness exercises. Practice ways to be more present and more accepting. (First week: Room F, Then: Library)

**Monotype Prints:** Play with color and texture in this painterly form of printmaking! In this workshop create one of a kind expressive or figurative prints that can be used to create cards, gift tag, collages, and other forms of beautiful artwork. This workshop uses a variety of everyday materials. All skill levels welcome. (Studio)

**Mutual Support Group:** A safe place for individuals to share thought and feelings in a judgment-free environment. Offered several times a week. (Room D)

**Open Studio:** A scheduled workshop where people can work on what they choose, with supplies of their own or supplies available within the main studio area. People may get general support from the open studio facilitator. If you'd like to participate in Open Studio, please see the Arts Coordinator. **\*Registration Required (Studio)**

**Pastel Expressions:** This workshop will explore various techniques with chalk and oil pastels. (Studio)

**Philosophical Musings:** Wonderful variety of deep discussions about pertinent issues of importance to workshop attendees. (Room D)

**Pop-Up Cards:** Pop-up cards are really a form of paper sculpture. Folding and cutting papers in opposite directions-convex & concave. We'll use decorative papers & collage. (Studio)

**Steam Punk Jewelry:** Making use of old jewelry and watch parts, small gears, and vintage metals to make refashioned jewelry. (Studio)

**Suminagashi:** A two-part workshop exploring traditional Japanese paper marbling. Suminagashi is translated as "floating ink." Part 1: we will create an abstract and colorful marbled 4x7 postcard/artist trading card. Part 2: we will create beautiful marbled silk scarfs. One scarf per person. **\*\$1 fee for silk scarf on 12/12\*** **\*Registration Required (participation requires both dates of the workshop) (Studio)**

**Techniques: Acrylics, Watercolor, Mixed Media:** a variety of Thursday workshops that will provide the opportunity to explore each art medium. (Studio)

**Upcycled Book Art:** Using recycled books as a base, this workshop will explore the many 2D and 3D art projects that can be created using old books. This will include ideas for forms, sculptures, mixed media cards, drawings and bookmarks. (Studio)

## Artist Skill Building Opportunity

Need help with preparing to present your art work? Matting? Framing?

Review your artist statement or other paperwork for submission.

Schedule personal time with Laura to build or strengthen your artist's portfolio in preparing for showing your work in the community or our galleries.