

# 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)

**Artists' Circle (& Art Challenge Review)** - Artists' gathering to provide constructive feedback and to discuss their inspiration for one piece of artwork of their choice. Artists may bring one, 2D or 3D artwork no bigger than 8x10. Artwork may be finished or unfinished but only finished works may be displayed in the display case.  
**\*\* Art challenge theme of "Beloved" is optional.** (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. (Library)

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

**Beaded Bonsai:** A 2-session workshop during which you will make a small, jeweled bonsai tree. **\*Registration Required for both sessions.** (Studio)

**Blues, Standards, Jazz Guitar:** Join a small group of guitarists to study and play blues, standards and jazz. The idea is to just have fun! Must have a basic understanding of harmony ie: major scales, triads, chord structures etc. **\*Registration Required** (Library)

**Baubles, Spangles and Beaded Sculptures:** Using found objects such as baubles (trinkets), beads, spangles and natural items we will create simple yet stunning 3D sculptures on a foam base. No prior experience in sculpture or 3D forms required for this workshop. It will be an exploration of form, color using found materials. (Studio)

**Collage, Transfers & Rubbings:** Create collages with mixed media. Learn to transfer images to paper and use rubbing techniques 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:** Discussion of what happened at the NYAPRS Albany Legislative Day on Feb. 26, which Senators we met with, what we learned. (Main Space)

**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)

**Drawing Techniques: No meeting 2/14** - 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 & occasional 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 C)

**Found Art Prints:** This workshop will explore the process of making prints made from using found everyday material such as cardboard, cereal boxes, string and glue. These materials are collaged together and used to make a one-of-a-kind mini-series of prints as cards or art pieces. This technique is called Collagraph printmaking. (Studio)

**Free Writing:** Participants will have the opportunity to engage in mindful writing practice as a group. At the center of each session is a timed "free writing" exercise, typically focused on various cues just before writing begins. In addition, we will examine texts on free writing, and—at the option of each writer—review and discuss each other's work. (Room F)

**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)

**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 Beaded Bonsai 2/21, 2/28)** (Studio)

**Kindness Rocks: Only meeting 2/14.** We will paint rocks and write positive/e 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)

**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 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)

**Polymer Designs: NEW TIME** - Making small objects out of polymer clay. (Studio)

**Stuffed Animal Creatures: NEW TIME** - Make creatures and pillows from mixing fabric, sculpey, and found materials. **\*Registration Required** (Studio)

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

**Valentine Cards:** Create two 5x7 cards just in time for Valentine's Day. Create collage style cards using newspaper, original art or magazines. Cards will be sealed with modge podge. If you would like to incorporate a photograph, please bring in a photograph to add to your creation. (Studio)

**Works In Progress:** This is an exploratory workshop that celebrates and encourages trying new techniques. Create a 6"x6" art card series or a 6"x6" accordion book and fill its pages each week with a new art technique. We will use materials found in the general studio space. Some of the techniques we will explore include encaustics, upcycled book techniques, and mixed media portraits and landscapes.

*Have an art technique you want to share? The Works In Progress workshop is a chance for you to facilitate the exploration of an art technique with your peers. To learn more and/or sign up to co-facilitate an art technique in this workshop series please see Laura, the Art Coordinator.*

## 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.*