



Presented By:



ARTS CONSORTIUM
Tulare County's Designated Arts Council

With Support from:



HHSA
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In Partnership With:



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MY VOICE
media center

FREE ART SESSIONS

Mental Health Outreach
For Adults in Tulare County



This Image: Painting Session
Art Sessions Represented on the Left:
CASA (Youth), Art & Feelings, Painting

My Voice Media Center (MVMC) is located inside the Arts Consortium. We offer free, on-site, art training sessions for adults who struggle with mental illness and also welcome adults who provide support for these individuals. Our facilitators train MVMC participants to express themselves through the arts while they navigate their unique path of wellness and recovery. We also partner with various community organizations to provide off-site sessions for youth.

February 2025

Calendar

www.myvoicemediacenter.com

HOURS: Tuesday - Friday 10 AM to 3 PM

Monthly Themes

Self-Care & Bubblegum Pink



CALENDAR ITEM COLOR KEY:

BLACK: MVMC On-Site Adult Sessions

BLUE: MVMC Off-Site Youth Sessions

RED: Arts Consortium Event

YELLOW: Lofts at Fort Visalia Event

Sessions

Art & Feelings Explore and express complex emotions with 2D & 3D art.
Tuesday

Photo/Video Editing Learn to edit your photos and videos using digital tools and software.
Tuesday / Thursday

Drawing Practice drawing techniques to bring your ideas to life on paper.
Wednesday

NSSB Build confidence and empathy by sharing your mental health journey.
Wednesday

Peer Support Receive personalized guidance in a safe and supportive space.
Wednesday / Thursday

Guitar From beginner to advanced, learn to play and connect through music.
TBD

Painting Explore creative expression using color and brushwork.
Thursday

Open Art Session Bring your own supplies to work on personal projects at your own pace.
Friday

Printmaking Carve, ink, and create unique printed artworks using wood or lino blocks.
Friday

Art of Movement Explore self-expression through mindful, meditative movements.
Friday

***Youth Art Night** Collaboration with CASA of Tulare County providing youth art.
Last Wednesday



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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>10-12 Art & Feelings 12-2 Photo Editing (Zoom) 2-3 Open Art Computers</p>	<p>5</p> <p>10-12 Drawing 12-1 Peer Support 1-3 TBD</p>	<p>6</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>7</p> <p>10-12 TBD 12-2 Printmaking 2-3 Art of Movement</p> <p>• AC First Friday 5-8 pm</p>
<p>11</p> <p>10-12 Art & Feelings 12-2 Photo Editing (Zoom) 2-3 Open Art Computers</p>	<p>12</p> <p>10-12 Drawing 12-1 NSSB 1-3 TBD</p>	<p>13</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>14</p> <p>MVMC CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</p>
<p>18</p> <p>10-12 Art & Feelings 12-2 Photo Editing (Zoom) 2-3 Open Art Computers</p>	<p>19</p> <p>10-12 Drawing 12-1 Peer Support 1-3 TBD</p>	<p>20</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>21</p> <p>10-12 TBD 12-2 Printmaking 2-3 Art of Movement</p>
<p>25</p> <p>10-12 Art & Feelings 12-2 Photo Editing (Zoom) 2-3 Open Art Computers</p>	<p>26</p> <p>10-12 Drawing 12-1 NSSB 1-3 TBD</p> <p>*CASA Kids Art Night 5-6:30pm</p>	<p>27</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>28</p> <p>10-12 TBD 12-2 Printmaking 2-3 Art of Movement</p>