

**Presented By:**



**ARTS CONSORTIUM**  
Tulare County's Designated Arts Council

**With Support from:**



**HHSA**  
1-800-834-7121 • www.tchhsa.org

**In Partnership With:**



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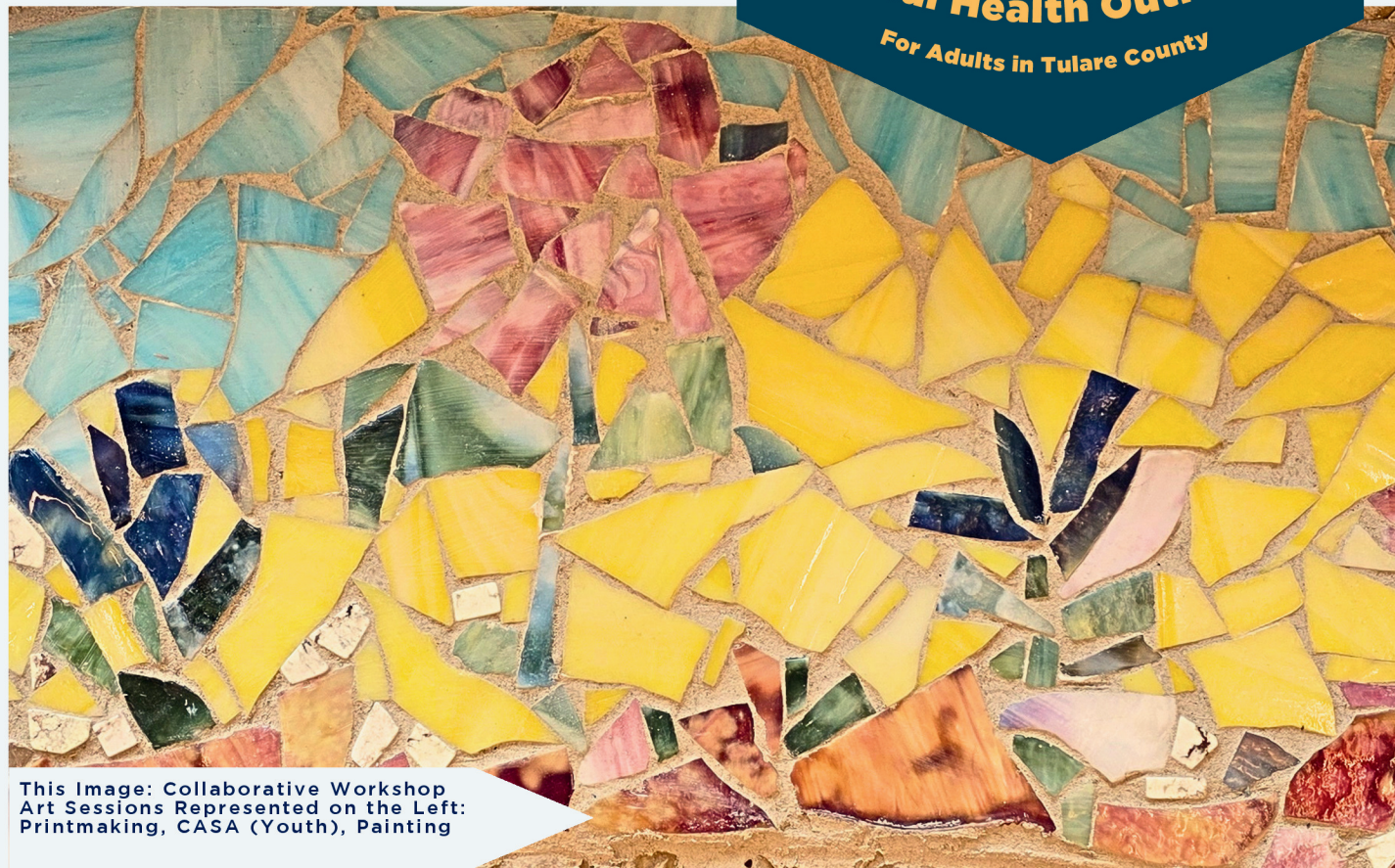
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**MY VOICE**  
media center

# FREE ART SESSIONS

**Mental Health Outreach**  
For Adults in Tulare County



This Image: Collaborative Workshop  
Art Sessions Represented on the Left:  
Printmaking, CASA (Youth), 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.

## Sessions

- Art & Feelings** Explore and express complex emotions with 2D & 3D art.  
Tuesday
- Photo Editing** Learn to edit your photos using digital tools and software. (ZOOM)  
Tuesday
- 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
- Photography** Learn to capture memorable moments using professional tools.  
Wednesday
- Painting** Explore creative expression using color and brushwork.  
Thursday
- Video Editing** Learn to edit your videos using digital tools and software.  
Thursday
- Printmaking** Carve, ink, and create unique printed artworks using wood or lino blocks.  
Friday
- TBD** Stay tuned for new Friday sessions to be added to the calendar!  
Friday
- \*Youth Art Night** Collaboration with CASA of Tulare County providing youth art.  
Last Wednesday



# April 2025

## Calendar

[www.myvoicemediacenter.com](http://www.myvoicemediacenter.com)

HOURS: Tuesday - Friday 10 AM to 3 PM

**Monthly Themes**  
Bumblebee Yellow  
& Nurturing Growth



**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

### TUESDAY

1  
10-12 Art & Feelings  
12-2 Photo Editing  
2-3 Open Art  
Computers

8  
10-12 Art & Feelings  
12-2 Photo Editing  
2-3 Open Art  
Computers

15  
10-12 Art & Feelings  
12-2 Photo Editing  
2-3 Open Art  
Computers

22  
10-12 Art & Feelings  
12-2 Photo Editing  
2-3 Open Art  
Computers

29  
10-12 Art & Feelings  
12-2 Photo Editing  
2-3 Open Art  
Computers

### WEDNESDAY

2  
10-12 Drawing  
12-1 Peer Support  
1-3 Photography

9  
10-12 Drawing  
12-1 NSSB  
1-3 Photography

16  
10-12 Drawing  
12-1 Peer Support  
1-3 Photography

23  
10-12 Drawing  
12-1 NSSB  
1-3 Photography

30  
10-12 Drawing  
12-1 Visual Voices  
(Support Group)  
1-3 Photography

\*CASA Kids Art Night 5-6:30pm

### THURSDAY

3  
10-12 Painting  
12-2 Video Editing  
2-3 Peer Support

10  
10-12 Painting  
12-2 Video Editing  
2-3 Peer Support

17  
10-12 Painting  
12-2 Video Editing  
2-3 Peer Support

24  
10-12 Painting  
12-2 Video Editing  
2-3 Peer Support



### FRIDAY

4  
10-12 TBD  
12-2 Printmaking  
2-3 TBD

• AC First Friday 5-8 pm

11  
10-12 TBD  
12-2 Printmaking  
2-3 TBD

18  
10-12 TBD  
12-2 Printmaking  
2-3 TBD

25  
10-12 TBD  
12-2 Printmaking  
2-3 TBD

Bee Kind