

## July-September Art Workshops

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 July <b>10am-12:30pm:</b> Drawing – step by step <b>1pm-3:30pm:</b> Painting – step by step	23 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	24 <b>10am-12:30pm:</b> 3D Art – clay trinket trays <b>1pm-3:30pm:</b> Craft - collage	25 One-on-One Sessions – by appointment	26 One on One Sessions – by appointment	27	28
29 <b>10am-12:30pm:</b> Drawing – portraiture <b>1pm-3:30pm:</b> Painting – portraiture	30 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	31 <b>10am-12:30pm:</b> 3D Art – clay creatures <b>1pm-3:30pm:</b> Craft – macrame	1 August One on One Sessions – by appointment	2 One on One Sessions – by appointment	3	4
5 <b>10am-12:30pm:</b> Drawing – animals <b>1pm-3:30pm:</b> Painting – abstract and painting to music	6 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	7 <b>10am-12:30pm:</b> 3D Art – polymer clay <b>1pm-3:30pm:</b> Craft – paper making	8 One on One Sessions – by appointment	9 One on One Sessions – by appointment	10	11
12 <b>10am-12:30pm:</b> Drawing <b>1pm-3:30pm:</b> Painting - watercolour	13 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	14 <b>10am-12:30pm:</b> 3D Art – clay painting <b>1pm-3:30pm:</b> Craft – book binding	15 One on One Sessions – by appointment	16 One on One Sessions – by appointment	17	18
19 <b>10am-12:30pm:</b> Drawing <b>1pm-3:30pm:</b> Painting – pour painting	20 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	21 <b>10am-12:30pm:</b> 3D Art – cardboard creations <b>1pm-3:30pm:</b> Craft – jewellery making	22 One on One Sessions – by appointment	23 One on One Sessions – by appointment	24	25
26 <b>10am-12:30pm:</b> Drawing <b>1pm-3:30pm:</b> Painting – fabric painting	27 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	28 <b>10am-12:30pm:</b> 3D Art – cardboard creations <b>1pm-3:30pm:</b> Craft – tie dye	29 One on One Sessions – by appointment	30 One on One Sessions – by appointment	31	1 <i>September</i>
2 <b>10am-12:30pm:</b> Drawing - landscapes <b>1pm-3:30pm:</b> Painting – pots and plants	3 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	4 <b>10am-12:30pm:</b> 3D Art – tin foil creations <b>1pm-3:30pm:</b> Craft – pots and plants	5 One on One Sessions – by appointment	6 One on One Sessions – by appointment	7	8
9 <b>10am-12:30pm:</b> Drawing - excursion <b>1pm-3:30pm:</b> Painting - excursion	10 <b>10am-12:30pm:</b> Infinite Expression <b>1pm-3:30pm:</b> Infinite Expression	11 <b>10am-12:30pm:</b> 3D Art – excursion <b>1pm-3:30pm:</b> Craft – excursion – photography	12 One on One Sessions – by appointment	13 One on One Sessions – by appointment	14	15

\*activities are subject to change

At Focused Well-being Services we believe that everyone should have the opportunity to express themselves creatively, so we are offering art workshops for NDIS participants. Our art workshops are run by our experienced art director, Jasmine, with assistance from support workers. During these sessions, you will have the opportunity to build your creative skills in a social and welcoming environment.

The workshops are running from the 22<sup>nd</sup> of July for eight weeks, but you can sign up at any time. You have the option of signing up for a weekly guided workshop (drawing, painting, 3D art, craft), our Infinite Expression sessions which accommodate for participants who have a creative goal in mind, or our One-on-One sessions. You can also register for multiple workshops, and if they are on the same day, you will have a lunch break in between sessions. No matter which class or classes you decide to do, you will learn a variety of skills from our talented artist. All skill levels will be accommodated whether you're a professional artist, or just picking up a pencil for the first time. These workshops run for eight weeks with one session per week and spots are limited

Materials provided, but you are welcome to bring your own.

## Guided Workshops

### Drawing Workshop

Mondays 10am-12:30pm

Over eight weeks of classes, you will learn various drawing skills, including mark-making, shading, proportions, and perspective. You will learn to use a variety of drawing mediums, such as graphite pencils, pens, charcoal, coloured pencils, oil pastels, dry pastels, and markers. Materials are provided for these sessions, however you are welcome to bring your own if you prefer.

- 22<sup>nd</sup> July: step by step – you will be guided through a drawing from start to finish with the help from our artist
- 29<sup>th</sup> July: portraiture – create self-portraits or portraits of others – facial structure and drawing from touch
- 5<sup>th</sup> August: mark making – using different mediums and surfaces to make marks
- 12<sup>th</sup> August: still life – drawing from reference
- 19<sup>th</sup> August: animals – drawing your favourite animal or your pet
- 26<sup>th</sup> August: perspective – drawing landscapes
- 2<sup>nd</sup> September: life drawing – drawing people
- 9<sup>th</sup> September: Excursion – drawing by the water – still life or landscapes

### Painting Workshop

Mondays 1pm-3:30pm

Over eight sessions, you will learn different painting skills and styles. You will learn to use acrylic paint and watercolour paint to create a variety of paintings, including abstract, pour-painting, portraiture, still-life, and landscape. You will learn how to use painting tools, such as brushes, palette knives, and your own hands. Materials are provided for these sessions, however you are welcome to bring your own if you prefer.

- 22<sup>nd</sup> July: step by step – you will be guided through a painting from start to finish with the help from our artist
- 29<sup>th</sup> July: portraiture – learn quick portraiture and facial structure
- 5<sup>th</sup> August: abstract painting – creating movement, texture and expressive brushstrokes
- 12<sup>th</sup> August: watercolour – learn the basics of watercolour painting

- 19<sup>th</sup> August: pots and plants – pour painting
- 26<sup>th</sup> August: fabric painting – paint a t-shirt, or tote bag
- 2<sup>nd</sup> September: paint a pot and put a plant in it to keep forever
- 9<sup>th</sup> September: Excursion – painting by the water – landscapes

### 3D Art Workshop

Wednesdays 10am-12:30pm

Over eight weeks of classes, you will learn the basics of clay making using air dry clay and polymer clay. You will learn to make trinket bowls, decorative plates, jewellery, objects, creatures, and animals. You will also learn to paint your clay sculptures over the sessions. Materials are provided for these sessions, however you are welcome to bring your own if you prefer.

- 24<sup>th</sup> July: Clay trinket trays
- 31<sup>st</sup> July: Clay creatures – making animals and monsters
- 7<sup>th</sup> August: Clay painting
- 14<sup>th</sup> August: Polymer clay – making beads
- 21<sup>st</sup> August: Cardboard creations – creating structures or creatures out of cardboard and other recycled materials
- 28<sup>th</sup> August: cardboard creations part 2
- 4<sup>th</sup> September: tin foil creations -
- 11<sup>th</sup> September: Excursion – building sandcastles

### Craft Workshop

Wednesdays 1pm-3:30pm

Over eight weeks of classes, you will learn a variety of different crafts, including book making, jewellery making, macrame, crochet, textile painting, collage, and more. If there is a particular craft skill you are interested in, please let our artist know. Materials are provided for these sessions, however you are welcome to bring your own if you prefer.

- 24<sup>th</sup> July: collage – world creation and scene creation
- 31<sup>st</sup> July: macrame – create a wall hanging
- 7<sup>th</sup> August: paper making
- 14<sup>th</sup> August: book binding – create your own book from start to finish – option of using handmade paper from previous week
- 21<sup>st</sup> August: making jewellery – option of using polymer beads made in 3D Art Workshop
- 28<sup>th</sup> August: tie dye – tie dye a t-shirt, pillowcase, or bring your own
- 4<sup>th</sup> September: painting and gardening – paint your own pot and put a plant in it to grow forever
- 11<sup>th</sup> September: excursion – photography

### Infinite Expression Workshop

Tuesdays 10am-12:30pm and 1pm-3:30pm

These classes are for participants who have a creative goal or artistic interest you want to continue developing individually. You will be able to progress your chosen skills further in our space with the help of our artist. You

will be able to work individually or collaborate with other participants in the group. If you wish to do both the morning and afternoon sessions, you will have a lunch break in between. Some materials are provided for these sessions, however you are encouraged to bring your own if you prefer.

## **One-on-One Mentoring Sessions**

By appointment only

These sessions are by appointment only and allow you to have one on one time with our artist to help you build your artistic skills in any medium of your choice. These sessions are currently available Thursdays and Fridays each week. You may wish to have recurring sessions or single sessions. Please contact us for more information.