



Presented By:



ARTS CONSORTIUM
Tulare County's Designated Arts Council

With Support from:



HHSA
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In Partnership With:



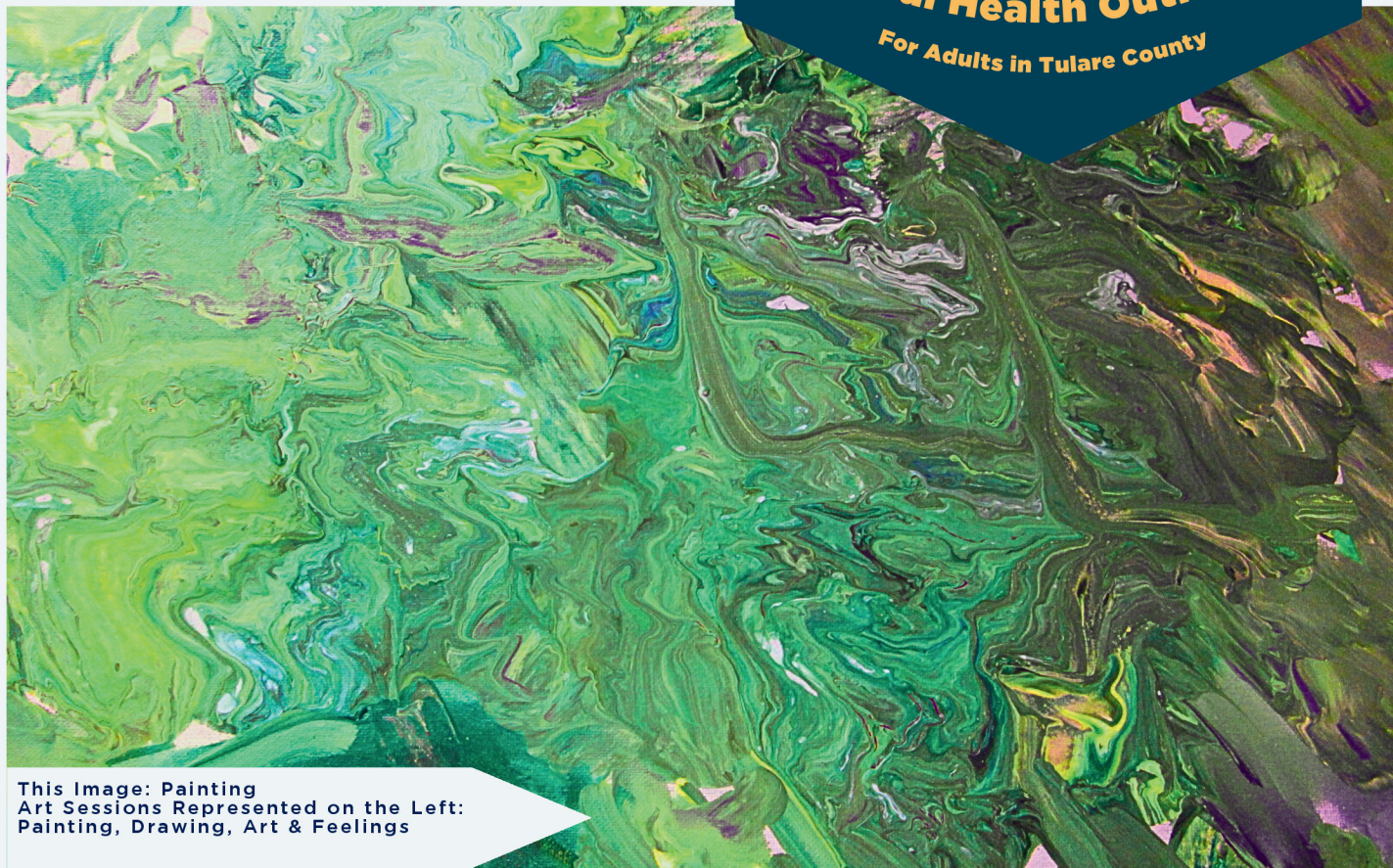
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MY VOICE
media center

FREE ART SESSIONS

Mental Health Outreach
For Adults in Tulare County



This Image: Painting
Art Sessions Represented on the Left:
Painting, Drawing, Art & Feelings

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.
2nd & 4th Wednesdays
- Peer Support** Receive personalized guidance in a safe and supportive space.
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
- Visual Voices** Explore and express your emotions in a supportive group setting.
1st, 3rd, 5th Wednesdays
- Printmaking** Carve, ink, and create unique printed artworks using wood or lino blocks.
Friday
- Rescued Wood** Work with salvaged wood to create something new and unique!
Friday
- Youth Art Night** Collaboration with CASA of Tulare County providing youth art.
Last Wednesday



MY VOICE
media center

December 2025

Calendar

www.myvoicemediacenter.com

HOURS: Tuesday - Friday 10am to 3pm

Monthly Themes
Frosted Pine &
Inner Stillness



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

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

9
10-12 Art & Feelings
12-2 Photo Editing
2-3 Open Art
Computers

Community Meeting 5:30pm

16
10-12 Art & Feelings
12-2 Photo Editing
2-3 Open Art
Computers

23
10-12 Art & Feelings
12-2 Photo Editing
2-3 Open Art
Computers

30
10-12 Art & Feelings
12-2 Photo Editing
2-3 Open Art
Computers

WEDNESDAY

3
10-12 Drawing
12-1 Visual Voices
1-3 Photography

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

17
10-12 Drawing
12-1 Visual Voices
1-3 Photography

24
10-12 Drawing

OPEN TIL NOON

31
10-12 Drawing

OPEN TIL NOON

THURSDAY

4
10-12 Painting
12-2 Video Editing
2-3 Peer Support

11
10-12 Painting
12-2 Video Editing
2-3 Peer Support

18
10-12 Painting
12-2 Video Editing
2-3 Peer Support

25
MVMC CLOSED

MVMC CLOSED

FRIDAY

5
10-12 Rescued Wood
12-2 Printmaking

First Friday 5-8pm

12
10-12 Rescued Wood
12-2 Printmaking

19
10-12 Rescued Wood
12-2 Printmaking

26
10-12 Rescued Wood
12-2 Printmaking

