



**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.

# June 2026

## Calendar

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

HOURS: Tuesday - Friday 10am to 3pm

**Monthly Themes**  
**Papaya Orange & Creative Transformation**



**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 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.  
2<sup>nd</sup> & 4<sup>th</sup> 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.  
1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> 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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10-12 Art &amp; Feelings 12-2 Photo Editing 2-3 Open Art Computers</p>	<p>3</p> <p>10-12 Drawing 12-1 Visual Voices 1-3 Photography</p>	<p>4</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>5</p> <p>10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support</p> <p>First Friday 5-8pm</p>
<p>9</p> <p>10-12 Art &amp; Feelings 12-2 Photo Editing 2-3 Open Art Computers</p> <p>Community Meeting 5:30pm</p>	<p>10</p> <p>10-12 Drawing 12-1 NSSB 1-3 Photography</p>	<p>11</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>12</p> <p>10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support</p>
<p>16</p> <p>10-12 Art &amp; Feelings 12-2 Photo Editing 2-3 Open Art Computers</p>	<p>17</p> <p>10-12 Drawing 12-1 Visual Voices 1-3 Photography</p>	<p>18</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>19</p> <p>10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support</p>
<p>23</p> <p>10-12 Art &amp; Feelings 12-2 Photo Editing 2-3 Open Art Computers</p>	<p>24</p> <p>10-12 Drawing 12-1 NSSB 1-3 Photography</p>	<p>25</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p>26</p> <p>10-12 Rescued Wood 12-2 Printmaking 12-2 OPEN MIC</p>
<p>29</p> <p>10-12 Art &amp; Feelings 12-2 Photo Editing 2-3 Open Art Computers</p>	<p>30</p> <p>10-12 Drawing 12-1 Visual Voices 1-3 Photography</p>		

