



Presented By:



ARTS CONSORTIUM
Tulare County's Designated Arts Council

With Support from:



HHSA
1-800-834-7121 • www.tchhsa.org

In Partnership With:



Phone: 559.772.0001
340 E Oak Ave, Suite 112 • Visalia, CA 93291
mvmc@artsconsortium.org
myvoicemediacenter@gmail.com



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:
Art & Feelings, CASA (Youth), Printmaking

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.

March 2025

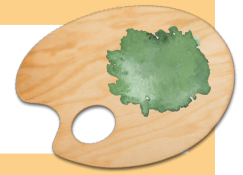
Calendar

www.myvoicemediacenter.com

HOURS: Tuesday - Friday 10 AM to 3 PM

Monthly Themes

Planting Seeds & Shamrock Green



CALENDAR ITEM COLOR KEY:

BLACK: MVMC On-Site Adult Sessions

BLUE: MVMC Off-Site Youth Sessions

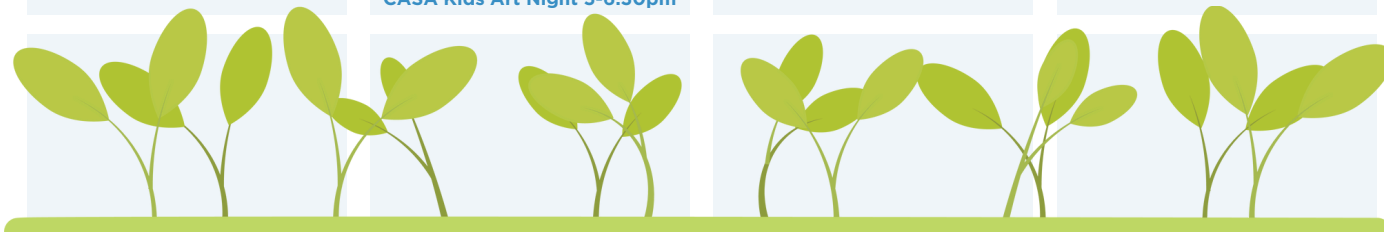
RED: Arts Consortium Event

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.
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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <p>10-12 Art & Feelings 12-2 Photo Editing* 2-3 Open Art Computers</p>	<p style="text-align: right;">5</p> <p>10-12 Drawing 12-1 Peer Support 1-3 Photography</p>	<p style="text-align: right;">6</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p style="text-align: right;">7</p> <p>10-12 TBD 12-2 Printmaking 2-3 TBD</p> <p>• AC First Friday 5-8 pm</p>
<p style="text-align: right;">11</p> <p>10-12 Art & Feelings 12-2 Photo Editing* 2-3 Open Art Computers</p>	<p style="text-align: right;">12</p> <p>10-12 Drawing 12-1 NSSB 1-3 Photography</p>	<p style="text-align: right;">13</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p style="text-align: right;">14</p> <p>10-12 TBD 12-2 Printmaking 2-3 TBD</p>
<p style="text-align: right;">18</p> <p>10-12 Art & Feelings 12-2 Photo Editing* 2-3 Open Art Computers</p>	<p style="text-align: right;">19</p> <p>10-12 Drawing 12-1 Peer Support 1-3 Photography</p>	<p style="text-align: right;">20</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p style="text-align: right;">21</p> <p>10-12 TBD 12-2 Printmaking 2-3 TBD</p>
<p style="text-align: right;">25</p> <p>10-12 Art & Feelings 12-2 Photo Editing* 2-3 Open Art Computers</p>	<p style="text-align: right;">26</p> <p>MVMC CLOSED (ATTENDING WELLNESS & RECOVERY CHAMPION AWARDS LUNCHEON)</p> <p>*CASA Kids Art Night 5-6:30pm</p>	<p style="text-align: right;">27</p> <p>10-12 Painting 12-2 Video Editing 2-3 Peer Support</p>	<p style="text-align: right;">28</p> <p>10-12 TBD 12-2 Printmaking 2-3 TBD</p>



MY VOICE
media center