



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.

April 2026

Calendar

www.myvoicemediacenter.com

HOURS: Tuesday - Friday 10am to 3pm

Monthly Themes
Bumblebee Yellow
& Bright Ideas



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.
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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3
10-12 Drawing 12-1 Visual Voices 1-3 Photography	10-12 Painting 12-2 Video Editing 2-3 Peer Support	10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support	
			First Friday 5-8pm
7	8	9	10
10-12 Art & Feelings 12-2 Photo Editing 2-3 Open Art Computers	10-12 Drawing 12-1 NSSB 1-3 Photography	10-12 Painting 12-2 Video Editing 2-3 Peer Support	10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support
14	15	16	17
10-12 Art & Feelings 12-2 Photo Editing 2-3 Open Art Computers	10-12 Drawing 12-1 Visual Voices 1-3 Photography	10-12 Painting 12-2 Video Editing 2-3 Peer Support	10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support
Community Meeting 5:30pm			
21	22	23	24
10-12 Art & Feelings 12-2 Photo Editing 2-3 Open Art Computers	10-12 Drawing 12-1 NSSB 1-3 Photography	10-12 Painting 12-2 Video Editing 2-3 Peer Support	10-12 Rescued Wood 12-2 Printmaking 2-3 Peer Support
28	29	30	
10-12 Art & Feelings 12-2 Photo Editing 2-3 Open Art Computers	10-12 Drawing 12-1 Visual Voices 1-3 Photography	10-12 Painting 12-2 Video Editing 2-3 Peer Support	

