



# Self-sustainability, substance abuse group workshops & art classes

## Class Schedule

Class	Guided ART Lesson	LIFE Lesson / Topic	Optional event
1	How to <b>create a custom keychain</b> in steps, follow along lesson, how to safely heat your own acrylic sheet 1 on 1 guided lesson + decoration techniques	Introductions, My story, Your story	Frog day! photobooth
2	How to create a bowl, a mug, or an animal of your choice from <b>oven-dry clay</b> 1 on 1 guided lesson -take home in a protective box to dry in oven or toaster oven ! Bring in or leave there for the next class to paint and apply the gloss coat	Personal liability, what does that mean and what does that mean for YOU - technique share	Rats Day! photobooth
3	How to apply a stencil of your own design onto your creation and/or <b>hand-point it</b> . <b>Then apply a gloss coat</b> to dry in class (pick up to take home following class)	Personal outlets what is that and what are they for YOU? What outlets do you think you would enjoy?	Crab day! photobooth
4	How to make a repeating pattern mandala using satisfying textures of thick, vibrant <b>acrylic paint markers</b> on <b>soft foam board</b>	Routine: what is that exactly, and what does your loose routine look like? My activities and events discussion	Turtle day! Photobooth
5	Select from a <b>canvas bag</b> to apply your own fabric paint design, learn how to mix and set your fabric paint guided lesson - choose your own design	My community discussion who I surround myself with, and what does that have? What is my own influence on my loved ones and the community?	Guinea Pig Day! photobooth
6	Learn <b>watercolor</b> bleeding techniques, follow along lesson, learn how to paint a sunset with shadowed clouds, guided lesson	Routine improvement in little everyday steps, analyzing your routine steps, and optimizing them through group discussion	Snake day! photobooth
7	Learn an extremely calming zen technique of <b>Japanese calligraphy</b> using ink to create a bamboo forest lesson Tiger or mountains guided lesson	"My compliments" or complimentary actions, what are they, and what does that mean for me and my life	Bunny day! photobooth
8	Learn how to layer <b>oil pastels</b> and proper smudging techniques, follow along lesson + flower field guided lesson	Hot coal activity - learning to let go of the pull/distraction of addiction by pulling yourself in	Pigeon Day! photobooth



		another direction to satisfy the seeking alarm in your brain. Where does this seeking alarm come from?	
9	Manga marker proper color block layering & graphic style techniques guided lesson, and create a tiger masterpiece follow-along lesson	My outlets list my happiness list and gratitude discussion - what does gratitude mean to you?	Tarantula day photobooth
10	Thank your loved ones or your sponsor by creating a specially made craft card guided lesson How to create a window card follow-along lesson	Gratitude final class individual speech and art presentation and art gallery showcase	Iguana day! photobooth

**Class size maximum is 20!**

## Healthy Relationships: Adult and Teen art group therapy workshops

### Class Schedule

Class	Guided ART Lesson	LIFE Lesson / Topic	Optional event
1	How to create a custom keychain in steps, follow along lesson, how to safely heat your own acrylic sheet 1 on 1 guided lesson + decoration	Introductions, My story, Your story, my boundaries, your boundaries	Frog day! photobooth
2	How to create a bowl, a mug, or an animal of your choice from oven dry clay 1 on 1 guided lesson -take home in a protective box to dry in oven or toaster oven ! Bring in the next class to paint and apply the gloss coat	Personal advocacy and what does that mean, and what does that mean for YOU - technique and esteem practices to share Self-advocacy is strongly tied to self-esteem	Rats day! photobooth
3	How to apply a stencil of your own design onto your creation and/or hand-paint it. Then apply a gloss coat to dry in class	What are you good at? What makes you proud to be you? What esteem builders I list do you think you would enjoy? What do you	Crab day! photobooth





	(pick up to take home following class)	think will help your personal esteem? + voluntary fun "Homework" with a prize	
4	How to make a repeating pattern mandala using satisfying textures of thick vibrant acrylic paint markers on soft foam board	What I want my life to look like, and how do other people change or influence that? What is too much influence or change? Life design activity. Exit strategies	Turtle day! Photobooth
5	Select from a canvas bag to apply your own fabric paint design, learn how to mix and set your fabric paint guided lesson - choose your own design	My community discussion: who do I surround myself with, and what does that influence? What is my own influence on my loved ones and the community in terms of abuse? Self-reflection of behaviour discussion	Guinea Pig day! photobooth
6	Learn watercolor bleeding techniques, follow along lesson, learn how to paint a sunset with shadowed clouds, guided lesson	Routine improvement in little everyday steps, how can it help my self-advocacy, understanding that others can hold power over something ie, your boss, but it doesn't give them the right to "hostage" you or your emotions. Exit strategies	Snake day! photobooth
7	Learn an extremely calming zen technique of Japanese calligraphy Follow along bamboo forest lesson Tiger or mountains guided lesson	What's mine, what's ours, and what's too much sorting game: financial , isolation, belittling, abuse strategies, blackmail, and more terminology. Exit strategies	Bunny day! photobooth
8	Learn how to layer oil pastels and proper smudging techniques, follow along lesson + flower field guided lesson	Coercion techniques discussion: the carrot vs the stick in abuse, lovebombing, and gaslighting examples	Pigeon day! photobooth
9	Manga marker proper color block layering & graphic style techniques guided lesson and create a roaring tiger masterpiece follow-along lesson	When politeness is taken too far, the mouse and cookie scenario and how to "feed a mouse," aka give what only makes you comfortable. Exit strategies and boundaries	Tarantula day! photobooth





10	Thank your loved ones or your younger self by creating a specially made craft card with a special message, guided lesson How to create a window card follow-along lesson	Gratitude final class individual speech and art presentation art gallery showcase!	Iguana day! photobooth
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**Class size maximum is 20!**

## Art cooperation workshops

### Class schedule

Class	Guided art lesson	Materials	
1	Large multimedia painting	Large canvas, watercolor set, acrylic set, and oil paint set, cut magazines, crafting decoration supplies, and tools	Snake day! photobooth
2	Large multimedia painting	Brushes, water cups, towels, spray-on painting sealant + more odds and ends	Pigeon day! photobooth
3	Plaster sculpture making	Wire, tin foil, newspaper, painters' tape	Crab day! photobooth
4	Plaster sculpture making 2	Plaster mache, cheesecloth strips, finishing mud, forming and sanding tools, and finishing spray	Bunny Day! photobooth
5	Matching sweat-suit painting	Matching size-appropriate sweat suits, paintbrushes, stencils, spray tools, bows, ribbon, stamps, sewing kit	Guinea Pig Day! photobooth
6	Matching sweat-suit	Fabric paint sets, fabric paint	Iguana day! photobooth





	painting 2	mixing solution, setting spray, and a heat iron	
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## Teens' antisocial art club

### Class schedule

Class	Guided art lesson	Lesson Plan	Materials	Optional
1	My mood board, designing a craft "personality board" using craft supplies, display boards, graphic markers, and cut magazines	Welcome, my story, your story, introductions of what makes you unique - learn how to collage craft something to display in your room or locker	Large canvas or display board, acrylic markers, cut magazines, crafting decoration supplies, and tools	Frog day! photobooth
2	My mood board	Your style, your routine, guided discussion - learn how to value your art and seal it in spray epoxy (outdoors)	More crafting supplies and spray-on painting sealant	Rats day! photobooth
3	My character sheet creation	Who I am activity. fantasy character arc creation using personal story and talents - learn how to draw 3 different poses	Graphic markers, design supplies, manga character creation printouts	Crab day! photobooth
4	My character sheet creation - now surround your character with everything you love - words, drawing, or collage	Learn to draw manga / comic-style faces and hair! - What do I love? What do I love doing? How do you wish your character's story to continue? -relate to your	Practice drawing sheets. Manga markers, graphic markers, comic book coloring markers, rulers, and magazines	Turtle day! Photobooth





		own life and goals	to cut	
5	My Shoes painting (Size required)	What is esteem and self-advocacy? What is my own esteem? What can I do to improve my self-esteem?	Fabric converse or Vans-style board shoe + Fabric painting kit	Guinea Pig Day! photobooth
6	My Shoes painting	Esteem builders - activities, hobbies, self-care care and daily actions	Fabric painting kit	Snake day! photobooth
7	Canvas bag painting	Learn how to draw a roaring tiger or a pegasus - empty chair activity	Canvas tote-bag + Fabric painting kit	Bunny day! photobooth
	Canvas bag painting	Personalize your roaring tiger or pegasus - empty chair activity	Fabric painting kit	Pigeon Day! photobooth
8	Personal item from home painting	My plan, my routine, my boundaries, activity from what we learned in the empty chair classes	Personal item from home + Fabric painting kit	Tarantula day! photobooth
9	sweat-suit painting (size required)	Learn 4 types of calligraphy styles! Write your name and personal image - what is your personal image?	size-appropriate sweatshirt + fabric painting kit	Rats day! photobooth
10	sweat-suit painting And fashion show surprise your friends and family -leave class in your new suit!	Believe in yourself and practice your self-advocacy, final motivational lesson and activity - be proud of all you've made!	Fabric painting kit, The sweatshirt is made to fit OVER worn clothes for that day	Iguana day! photobooth

**Class size maximum is 20!**

