



2019 JULY & AUGUST WORKSHOPS

ELIGIBILITY:

All Artability workshops are free and open to adults (18+) who have a mental health diagnosis. No proof of diagnosis is required. You must register to attend. ASL interpreters available upon request. Materials included. *Workshops are for beginner and advanced artists.*

REGISTRATION:

Registration is required to attend.

There are two options for registration:

1. We prefer that you register online at our website:
<http://www.peopleincorporated.org/get-involved/artability/workshop-schedule>.
2. If you are not able to register online, **call the Workshop Info & Registration Voicemail at 651.228.3950**. Leave your name, phone number and list of classes you wish to attend. You will receive a call back with which classes we were able to register you for and which were full.

CANCELLATION POLICY:

Cancellations should be made at least 24 hours in advance. Class sizes and supplies are limited. Please cancel if you are not able to attend so that someone else may enjoy the class. If you registered online, please cancel online. If you registered by voicemail, please cancel by voicemail.

MAILING LIST:

Would you like to be added to our mailing list that includes upcoming workshops and information about our annual Artability Show & Sale? To sign up for the mailing list please email artability@peopleincorporated.org or leave your full name and address on the voicemail line at 651-228-3950.

2019 JULY WORKSHOPS

OPEN STUDIO: Painting and Drawing

Join us for open studio in an atmosphere of creativity, expression, and encouragement. Open Studio is an opportunity to paint, play, and learn together with other artists. Staff will be there to help answer questions, offer guidance, and provide feedback on your work.

Facilitator: Mariah Hutchinson

- **When:** Saturday, July 6th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

INDIGO SHIBORI DYEING

Master the ancient Japanese art of Shibori. Learn to manipulate the fabric to make interesting patterns, play with the fascinating process of indigo dye and watch your project turn from green to blue. Please wear old clothes.

Facilitator: Pam Whitcomb

- **When:** Sunday, July 7th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

ARTABILITY ANTHOLOGY: WRITING, REVIEW AND REVISION

Interested in submitting a written piece to the 2019 Artability Anthology? The Artability Anthology is a collection of written works published each year in tandem with the Artability Show & Sale. It includes, poetry, fiction, and non-fiction. Beginning and avid writers are encouraged to submit to the anthology. To be eligible, you need to be 18+ and self-identify as having a mental illness. This workshop is a great place to start if you're in the writing phase. We will also explore editing and revision for anyone that brings something they have been working on. Revision is the process of applying shape and intention that deepens what is there in the first draft. Learn exercises to make your plot, character, setting, dialogue, point of view, and structure sparkle.

Facilitator: Alison Bergblom Johnson

- **When:** Saturday, July 13 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

WATERCOLOR

Join us for our watercolor classes as we create beautiful, memorable works. Learn watercolor techniques, such as creating a balanced composition and color mixing. As you learn, you will motivate yourself as you see improvements with each painting. Mike Conroy will apply individualized teaching for each artist's skill level and will be available to answer questions and provide guidance.

Facilitator: Mike Conroy

- **When:** Sunday, July 14th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

AN OPEN BOOK: Creative Journaling

During this class, offered monthly, we will explore forms of creative journaling. Each person will receive an old book that they reinvent into a journal by covering it with blackout poetry, paintings, quotes, collage, and drawings. The format will provide an open environment for expression and reflection. Over the course of this class, the book will become a work of art from cover to cover.

Facilitator: Corilyn Wagner

- **When:** Saturday, July 20th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

CHARCOAL DRAWING

In this 3-hour, hands-on workshop, we will tap into our observational side and create a charcoal drawing. We will learn about the basics of charcoal, including the various materials and techniques used for charcoal drawing. If you are a beginner or think you can't draw- don't worry – you will be guided through step-by-step. Together we will explore observational drawing, composition, measuring, tonal values, material choice and much more.

Facilitator: Corilyn Wagner

- **When:** Sunday, July 21st 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

WATERCOLOR

Join us for our watercolor classes as we create beautiful, memorable works. Learn watercolor techniques, such as creating a balanced composition and color mixing. As you learn, you will motivate yourself as you see improvements with each painting. Mike Conroy will apply individualized teaching for each artist's skill level and will be available to answer questions and provide guidance.

Facilitator: Mike Conroy

- **When:** Saturday, July 27th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

OPEN STUDIO: Painting and Drawing

Join us for open studio in an atmosphere of creativity, expression, and encouragement. Open Studio is an opportunity to paint, play, and learn together with other artists. Staff will be there to help answer questions, offer guidance, and provide feedback on your work.

Facilitator: Mariah Hutchinson

- **When:** Sunday, July 28th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

2019 AUGUST WORKSHOPS

NEEDLE FELTING: Shapes

Learn about this versatile fiber art medium as we create a needle felting project! We will mold wool to create fuzzy sculptures. The basic principles of felting a shape will be covered first and then we will learn how to add details and features.

Facilitator: Pam Whitcomb

- **When:** Saturday, August 3rd 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

WATERCOLOR

Join us for our watercolor classes as we create beautiful, memorable works. Learn watercolor techniques, such as creating a balanced composition and color mixing. As you learn, you will motivate yourself as you see improvements with each painting. Mike Conroy will apply individualized teaching for each artist's skill level and will be available to answer questions and provide guidance.

Facilitator: Mike Conroy

- **When:** Sunday, August 4th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

ABSTRACT LANDSCAPE PAINTING

In this workshop, artists will explore landscape painting through an abstract lens, drawing inspiration from various landscapes and abstract art. Artists will create a painting using shape, line, texture and color to develop abstract interpretations of landscapes. Artists will practice composition and color pairing to explore how to develop an abstract painting.

Facilitator: Mariah Hutchinson

- **When:** Saturday, August 10th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

AN OPEN BOOK: Creative Journaling

During this class, offered monthly, we will explore forms of creative journaling. Each person will receive an old book that they reinvent into a journal by covering it with blackout poetry, paintings, quotes, collage, and drawings. The format will provide an open environment for expression and reflection. Over the course of this class, the book will become a work of art from cover to cover.

Facilitator: Corilyn Wagner

- **When:** Sunday, August 11th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

WRITING THE SEASONS: Summer

Please join us for this 3-hour writing workshop as we read and write about the season. We'll explore ways to use language referencing poems from various writers. We'll write a group poem and do some writing individually. We'll begin by describing elements of the season, whether snow and ice, the first tulips, sun and sand, or falling leaves. Expect plenty of time to write and a chance to read work aloud to each other.

Facilitator: Alison Bergblom Johnson

- **When:** Saturday, August 17th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

OPEN STUDIO: Painting and Drawing

Join us for open studio in an atmosphere of creativity, expression, and encouragement. Open Studio is an opportunity to paint, play, and learn together with other artists. Staff will be there to help answer questions, offer guidance, and provide feedback on your work.

Facilitator: Mariah Hutchinson

- **When:** Sunday, August 18th 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

ARTABILITY SHOW & SALE SUBMISSIONS

Entry form and submission details available at peopleincorporated.org under the "Get Involved" tab.

- Friday, August 23th 10am-3pm
- Saturday, August 24th 10am-3pm
- Sunday, August 25th 10am-3pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

WATERCOLOR

Join us for our watercolor classes as we create beautiful, memorable works. Learn watercolor techniques, such as creating a balanced composition and color mixing. As you learn, you will motivate yourself as you see improvements with each painting. Mike Conroy will apply individualized teaching for each artist's skill level and will be available to answer questions and provide guidance.

Facilitator: Mike Conroy

- **When:** Saturday, August 31st 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

ABSTRACT LANDSCAPE PAINTING

In this workshop, artists will explore landscape painting through an abstract lens, drawing inspiration from various landscapes and abstract art. Artists will create a painting using shape, line, texture and color to develop abstract interpretations of landscapes. Artists will practice composition and color pairing to explore how to develop an abstract painting.

Facilitator: Mariah Hutchinson

- **When:** Sunday, September 1st 1-4pm
- **Location:** People Incorporated [Huss Center: 2120 Park Avenue, Minneapolis, MN 55404](#)

ANNOUNCEMENTS:

The Art Force Wings Program affords artists with health challenges, like mental illness, the opportunity to have prints of their art placed with businesses and organizations. Artists sign an agreement with Art Force for usage rights and are paid for each print that is sold. It is an opportunity to generate some income and have your work enjoyed by many people. Artability has partnered with Art Force for a number of years, and although we are no longer facilitating artist contracts, we want to promote Art Force as a resource in the art community. For more information about how to get involved please contact Art Force directly: Leslie Palmer-Ross at Lpr@artforce.org or 763 567-2205.