



**Path
with
Art**

Veterans Program

FALL QUARTER 2021

October 12 - December 10

Register 9/1 - 9/22/21



Painting by Michael Hammond

REGISTER AT: pathwithart.org/vet

206.601.7112 | program@pathwithart.org

Our Mission

Path with Art fosters the restoration of individuals, groups, and society from the effects of trauma through arts engagement and community-building.



Program Eligibility

To participate in Path with Art programming, you must fulfill the following criteria:

1. Be 18 years of age or older
2. Be affiliated with one or more of our partner organizations (see back cover)
3. Provide the name of your case/housing manager at this organization
4. Respect the recovery process of yourself and others by refraining from using drugs and alcohol during all Path with Art activities
5. Be considerate, respectful, and willing to work with others in a safe, fun environment

All programming is free and all applicable materials are provided. Some of our classes and workshops may involve physical activity. For full course descriptions, details, questions, and accommodations requests please call us at: 206-601-7112, email: program@pathwithart.org or visit: www.pathwithart.org/classes

Path with Art does not discriminate on the basis of race, creed, color, ethnicity, national origin, religion, sexual orientation, gender expression, age, physical and mental ability, veteran status, military, or marital status

Fall Classes

Participants may enroll in one of the below classes, in addition to Veterans Choir. Please note most classes are virtual. In-person classes may shift to online pending health and safety considerations due to the COVID-19 pandemic. Check the website for up-to-date information: pathwithart.org/classes

Spoken Word Performance with Veteran Teaching Artist Samuel Corales

8 sessions: Oct 12–Nov 30 / Tuesdays, 2–4pm / Online

Spoken word is poetry that is performed for an audience. In this class, we will explore word play and intonation, rhythm, and performance techniques. You will be given short in-class activities and exercises to make your own poems and practice with the class as a supportive audience. Choosing words to articulate our experiences can bring relief and poetry gives us ways to talk about it—we will each speak our truth and make audible what needs to be said.



Improv for Everybody with Jill Farris

4 sessions: Nov 10–Dec 1 / Wednesdays, 1–3pm / Online



This class will teach you how to collaborate with others to spontaneously create scenes that tell stories. In a nonjudgemental learning environment, you learn how to make your scene partner look good. Being present and available to the moment, you will learn to respond with simplicity to make a scene that has never been seen before.

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Mask-Making for Invisible Wounds with Veteran Teaching Artist Luz Helena Thompson

4 sessions: Oct 13–Nov 3 / Wednesdays, 1–3pm / Online



Be your authentic self while you design and create a three dimensional mask that reveals your invisible wounds and your healing journey. Working as a group, sharing your own perceptions and insights, while hearing others experiences, is in itself supportive and healing. Through the use of mixed media we will explore feelings and perceptions and allow the art materials to take shape, as we all heal together.

We invite those who have experienced military sexual trauma (MST) to join others like you in this safe space.

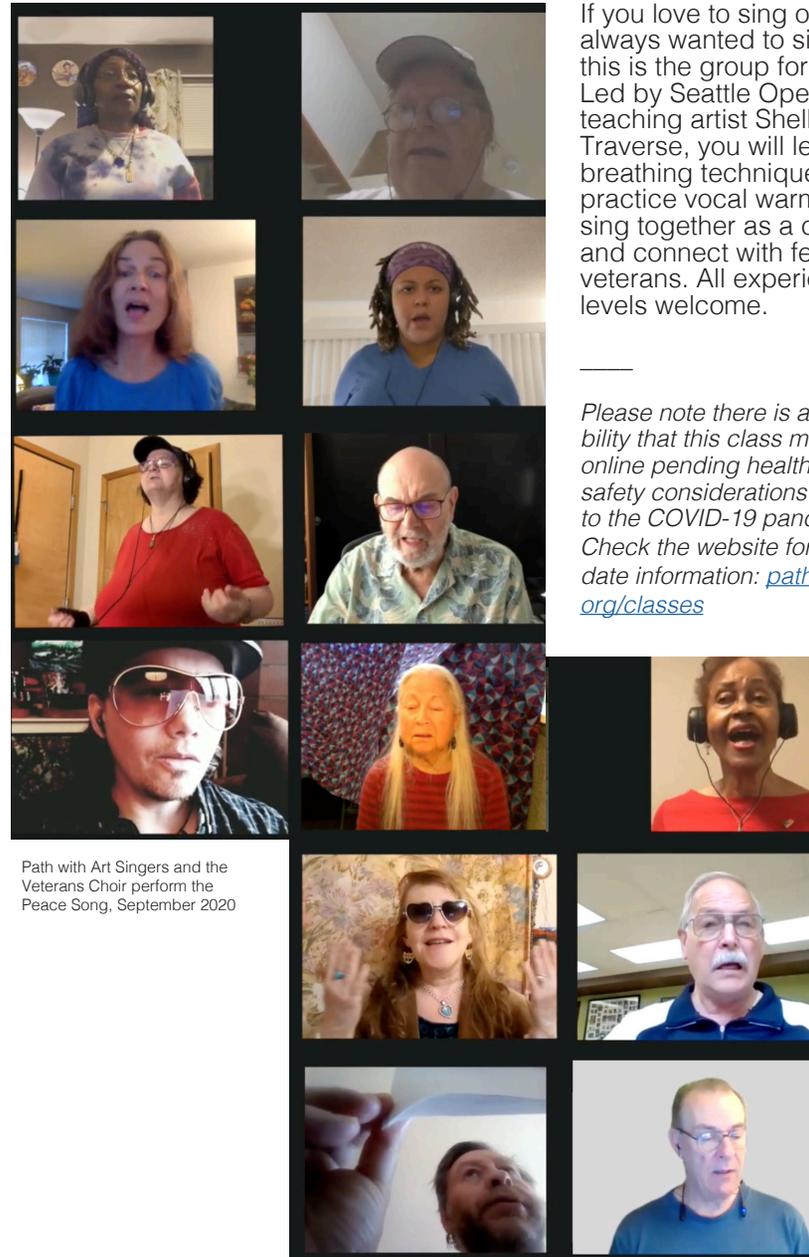
For those who may need additional support, we invite you to join: **MST Women's Circle of Return with Sarah L. Blum** Every other Monday through Nov 7, 3:30–5pm / Online visit veteranrites.org/gather to enroll

To any and all women who were sexually assaulted while serving in the military including reporting and retaliation, from any time period, please come join others like you in a safe confidential Zoom group with safety protocols built-in.

This group is offered through VeteranRites.org is free, and facilitated by Sarah L. Blum, retired nurse psychotherapist and author of Women Under Fire: Abuse in the Military. (www.womenunderfire.net).

Veterans Choir with Shelly Traverse

July 19–September 13 / Fridays, 11am–1pm
Seattle Opera, 363 Mercer St, Seattle, WA 98109



If you love to sing or have always wanted to sing, this is the group for you! Led by Seattle Opera teaching artist Shelly Traverse, you will learn breathing techniques, practice vocal warm-ups, sing together as a choir, and connect with fellow veterans. All experience levels welcome.

Please note there is a possibility that this class may shift online pending health and safety considerations due to the COVID-19 pandemic. Check the website for up-to-date information: pathwithart.org/classes

Path with Art Singers and the Veterans Choir perform the Peace Song, September 2020

Workshops

Participants may take multiple workshops, in addition to classes. All workshops will be online for the fall quarter.

BUONGIORNO CORE with Alice Gosti

Oct 15 + Oct 22 / Fridays, 2–4pm / Online

This is a dance workshop for anyone hungry to get their body moving, designed to lift your spirits and invite your imagination! We will enjoy a mix of qigong, stretching, yoga, Jane Fonda, pilates and strengthening. BUONGIORNO CORE is an exercise class and an art class at the same time.



Wear clothes you are comfortable moving in. Open to all ages and abilities and no prior dance experience is required - just a desire to have fun and learn through your body.

Finding Your Muse with Maisha Manson

Oct 29 + Nov 5 + Nov 19 / Fridays, 2–4pm / Online

Inspiration can come in all shapes and forms – it is up to the artist to know how to harness it. In this workshop participants will be led through a series of exploratory mediums to center their writing. Delving into multimedia, music, video, dance, visual art, students will learn ways to inspire their writing with mediums that stray from typical methods. Introducing new ways to inspire writing, even when you are stuck.



Art Kits

Mailed to you - Participants may select one of the kits:

Personal Sketch Journal Kit by Therese Buchmiller



Sketch journals are essential tools for visual artists. They provide a private place for reflection, and a place to explore and experiment. In this kit, you will find what you need to construct your own sketch journal using basic bookbinding techniques and materials. Once assembled, you can use the exercises and resources to start developing your own journaling and drawing practice.

Air Dry Clay Projects



This project kit contains step by step instructions and creative ideas for you to make your own pinch pots, coasters, or keychain charms with air dry clay. There are so many possibilities to explore with air dry clay—it holds impressions from fabric, flowers, or leaves for texture, you can roll it flat or mold it to hold a shape. Once dry, it can be painted, or sealed. We hope you enjoy this versatile material—we can't wait to see what you make!

OPEN STUDIO

Every Monday, 3:30–5pm

This virtual open studio is a supportive space to work on individual creative projects, as well as share work and connect with peers

TECH SUPPORT DROP-IN

Thursdays, 12–1pm

Get the support you need in order to successfully attend online classes and workshops. See the website for full details: pathwithart.org/classes

Social Service Partners



Bellwether Housing
Cannon House
Casa Latina
Catholic Community Services
Catholic Housing Services
Chief Seattle Club
Community House Mental Health Agency
Community Roots
Compass Housing Alliance
Consejo Counseling & Referral Service
CreatiVets
Downtown Emergency Service Center (DESC)
El Centro de la Raza
Elizabeth Gregory Home
Entre Hermanos
Evergreen Treatment Services (ETS)
Family Treatment Court
Full Life Care
Harborview Medical Center
HaRRT
Hero House
Housing Hope
Ingersoll Gender Center
Jewish Family Service
Jubilee Women's Center
King County Adult Drug Diversion Court
King County Housing Authority
Lacey Veteran Services Hub
Redefining You Foundation
Low Income Housing Institute (LIHI)
Mary's Place
Minority Veterans of America
New Beginnings
Operation Nightwatch - Seattle
Organization for Prostitution Survivors
Pathfinders for Veterans of Color
PEER Seattle
Pike Market Senior Center
Plymouth Housing Group
Providence ElderPlace
Real Change
Recovery Cafe
Red Badge Project
REST
Seattle Counseling Service
Seattle Housing Authority
Seattle Senior Housing Program
Seattle Stand Down
Seattle Vet Center
Sound Health
St. James Cathedral's Mental Health & Wellness Ministry
Therapeutic Health Services
The Salvation Army
The Sophia Way
Veteran Rites
Vine Maple Place
WA Dept of Veteran Affairs Counseling Services
Women Veterans Alliance
Women's Wellness Center
YMCA
YWCA

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