



Path with Art Veterans Program

Summer Quarter 2021

Class + Workshop Schedule

July 19–September 10



Register June 7–22

pathwithart.org/vet

Path with Art Veterans Choir members and Seattle Opera performers at the *Falling and the Rising* Opera, 2019. Photo by Alejandra Valarino Boyer.

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



Path with Art Veterans warm up before going on stage to perform the *Falling and the Rising* opera. Photo by Ghaddra Gonzalez Castillo, 2019.

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

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, or marital status

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

SUMMER CLASSES

Participants may enroll in both of the below classes. Please note all classes will remain virtual for the summer.

PATH WITH ART VETERANS CHOIR

with Shelly Traverse
Fridays, 11am–1pm PST
July 23–September 10

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 virtually, and connect with fellow veterans. All experience levels welcome.



Veterans Choir, Fall 2020

CALMNESS & BALANCE: WELLNESS FROM WITHIN

with Veteran Teaching Artist Jackie DeLaCruz
Wednesdays, 5–7pm PST
July 21–September 8

Creativity can increase positive emotions, lessen depressive symptoms, reduce stress, decrease anxiety, and even improve immune system functioning. During these classes you will have an opportunity to tap into those creative forces that helps us to heal. Using mindful reflective tools you will be able to create positivity, joy, and compassion for self and others. We will create simple images that will help us to practice mindfulness.



SPECIAL PROGRAMMING: FOUND FASHION

Every year we host a fall fundraiser that brings in donations and sponsorships to keep Path with Art free to our participants and partners. A big component of the fundraiser is found fashion! Teaching Artists work with a small group of participants in classes to produce outfits made of found materials for models, culminating in a lively runway show. Models are Path with Art supporters and community members. Certificate of Achievement holders (those that have taken four or more classes with us) are eligible to participate in this class.

If you are interested, please email us at: program@pathwithart.org

SOLDIER'S STORY: SELF-PORTRAITS

with Veteran Teaching Artist David Tovey

Thursdays, 11am–1pm PST

September 2–October 21

Together we will explore self-portraits as we create expressive paintings using uniforms as a canvas. What is a self portrait? Is it a picture of the person we see, or is it more than that? Come and discover more about creating your own self-portrait.



Courtesy of David Tovey



Found Fashion models, Fall 2019

WORKSHOPS

Participants may take multiple two-session workshops, in addition to classes. These workshops are open to all Path with Art participants.

SKETCHBOOK DRAWING

with Garima Naredi

Fridays, 2–4pm

July 30 + August 6

In this workshop, we will introduce quick drawing techniques through live demos and lectures. Participants will learn about lines, light, shadow, composition and draw in their sketchbooks. For the first session we will draw commonly found objects at home and the second session will expand to landscapes and more drawing techniques. *All skill levels are welcome. We encourage anyone taking this workshop to also request the Drawing with Charcoal art kit.*



Courtesy of Garima Naredi

GET UP & MOVE

with Veteran Teaching Artist

Samuel Corales

Fridays, 2–4pm

August 13 + August 21

This will be an upbeat, fun and accessible aerobic workout to favorite classic songs and new age sounds. Since the pandemic has really gotten us down into the couch this past year, let's all celebrate mobility and love of music.



Courtesy of Maiah Merino

FOUND WORD POEM REFLECTION/ ILLUMINATION

with Maiah Merino

Fridays, 2–4pm

August 27 + September 3

Together we will create found poems inspired by songs, magazines, images, and the natural landscape in this short workshop. Using the mirror as a symbolic catalyst for self reflection, the process is cathartic, and utilizes color, texture, imagery and language to create Illuminated Found Poem.

ART KITS

All supplies are free and mailed to you. Please select from one of the following kits. We love to see what you make! Please email us at: program@pathwithart.org



Courtesy of Pamm Hanson

DRAWING WITH CHARCOAL

Created by Teaching Artist Pamm Hanson

Charcoal is an inexpensive, versatile drawing medium. There are so many ways of using it! Drawing with charcoal is most often engaging in process and rewarding in outcome. This kit provides materials and five exercises to introduce you to using charcoal in different ways. There will be two sessions available during Open Studio to check-in with a teaching artist and to possibly share your work (check the website for more details in July 2021).



Courtesy of Tarali Dunn

BEADED JEWELRY KIT

In collaboration with Ambassador*
Tarali Dunn

Want to add some handmade bedazzlement to your wardrobe? Create an elegant jewelry set with this beaded jewelry art kit, designed by Path with Art Ambassador, Tarali Dunn. You'll learn how to weave a brick stitch chain to create your very own necklace, earrings, and pin.

*Ambassadors have taken four or more classes with us and are peer leaders in the Path with Art community. If you are interested in becoming an Ambassador, please contact us!

OPEN STUDIO

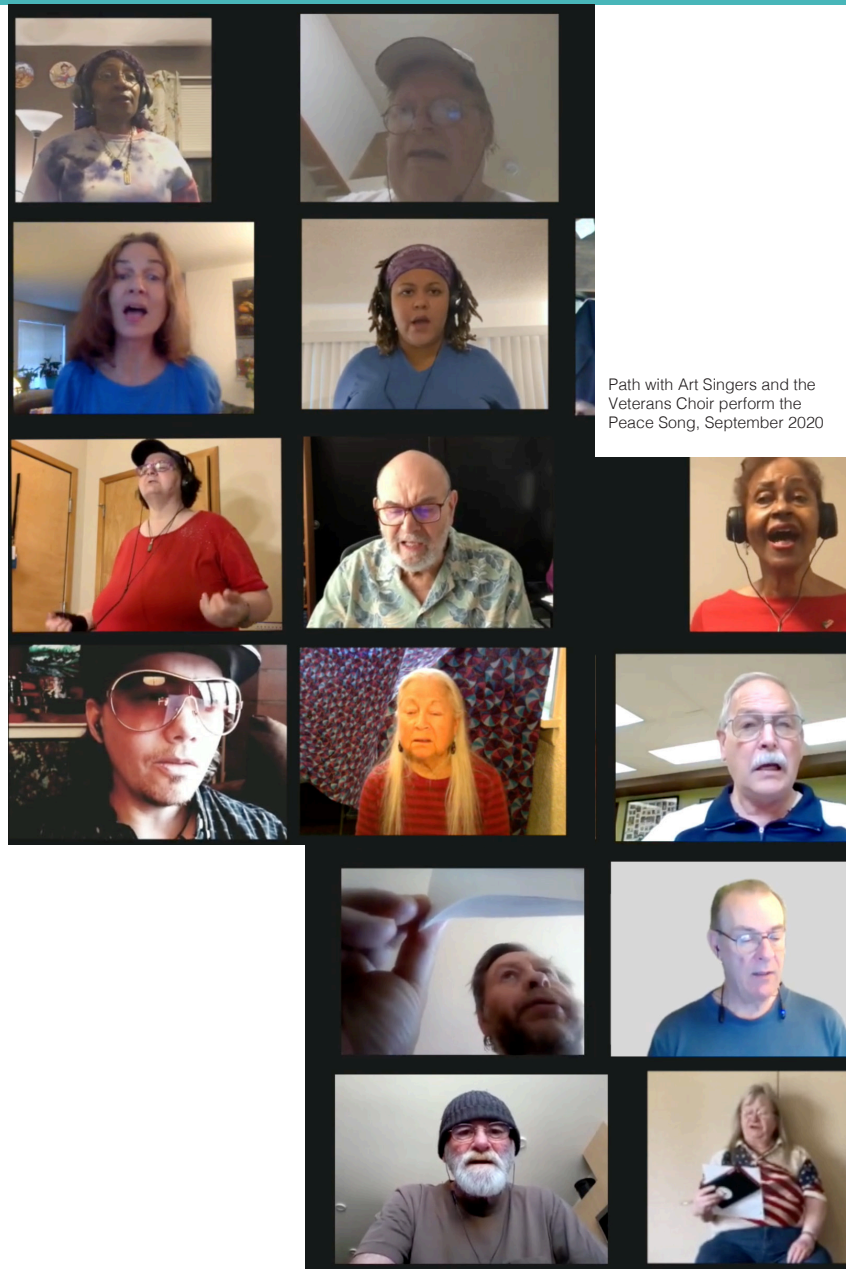
Every Monday, 3:30–5pm

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



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

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 Housing
Compass Housing Alliance
Consejo Counseling & Referral Service
Downtown Emergency Service Center (DESC)
El Centro de la Raza
Entre Hermanos
Evergreen Treatment Services (ETS)
Full Life Care
HaRRT
Harborview Medical Center
Hero House
Housing Hope
Ingersoll Gender Center
Jewish Family Service
Jubilee Women's Center
King County Adult Drug Diversion Court (KCDDC)
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
Real Change
Recovery Cafe
Red Badge Project
Redefining You Foundation
REST
Seattle Counseling Service
Seattle Senior Housing Program

Seattle Stand Down
Seattle Vet Center
Sound Health
St. James Cathedral Mental Health Ministry
Therapeutic Health Services
The Salvation Army
The Sophia Way
Veteran Rites
Women's Wellness Center
Women's Veteran Alliance
YMCA
YWCA



For full class details, veteran resources, and more, visit:

pathwithart.org/vet

206.601.7112

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