**CLASS DESCRIPTIONS**

**Arts & Crafts**
Classes introduce a variety of arts and craft mediums to encourage, explore, and express your creative energy. No experience required. Examples of activities include Aboriginal dot painting, encaustic (hot wax) painting, hand beading, collage, and much, much more!

**Collage for Personal Growth**
Four week workshop focuses on using symbols and images to explore Self, identity, dreams, and healing. A variety of collage and mixed-media techniques will be introduced to create two and three dimensional expressive arts pieces that give voice to our deepest sense of being.

**Craft Stamp Art**
Join us in making your own personal rubber stamp. Stamp-making is fun and a great way to express your creativity and individuality. It is all free! Make one for yourself or for a friend.

**Dream Interpretation**
Discover how dreams come in the service of health and wholeness by learning how to interpret the dream images and symbols that bring insight and guidance to our waking life. Learn how to keep a dream journal, use expressive art to enhance dream work, work on dreams in a group setting, and understand dream experiences such as night mares and repeating dream themes.

**English as a Second Language**
Beginning course covers basics vocabulary, pronunciation, writing skills, and sentence structure in a supportive and encouraging environment.

**GED Preparation Class**Participate in structured GED self-paced study class. SWC staff will assist participants in working through GED subject matter, provide feedback, and provide coaching on effective study skills. Earn your GED and open up possibilities for a brighter future!

**Hand & Patchwork Quilting**
|Learn the basic skills of design, fabric selection, cutting, piecing, and hand sewing to create quilting squares for quilts, decorative hangings, pot holders, and other hand crafted items.

**Healing the Body through Clay**
Join a supportive group in a four session workshop using the process of working with clay to explore, express, and heal emotional and physical pain residing in the body. Clay has the capacity to capture experience and sensation of the body as it emerges in the moment. By shaping and transforming clay, participants can gain new insight, experiment with new ways of being, and manifest a new relationship with emotional and physical pain. No experience required

**Jewelry Making**
Create unique necklaces, bracelets, and earrings to express your inner beauty.

**Just Bead It!**
Create unique necklaces, bracelets, and earrings to express your inner beauty. Whether you are experienced or someone looking to learn a new skill, you will enjoy our beading group. Feel free to bring current pieces to work on and any tools/materials you feel comfortable with. Some tools and materials will be provided.

**Keepsake Boxes**
Use collage and deCoupage techniques to create unique treasure boxes starting with unfinished wood boxes and embellishing with fabric, beads, jems, and elegant trim.

**Kids Art Corner**
This activity is a perfect way to bond with your little one. For kids under 16, parents must be present to participate. We have a variety of arts and crafts for kids of all ages. Healthy snacks will also be offered to keep the energy going.

**Letting Go with Watercolor**
No experience required. Learn basic techniques for working with watercolor in a supportive and nonjudgmental environment. Learn to heal your fear of art, practice letting go of the need to control, and allow for the inevitable Oops! (Obvious Opportunity for Personal Self-expression).

**Linoleum Block Carving & Printing**
Learn how to create original relief prints by carving linoleum blocks with bold designs.

**Mixed Media Fabric Art**Using applique and machine sewing techniques, create realistic and abstract fabric decorative art pieces including vivid florals, still-life, and landscapes. You are limited only by your imagination!

**Picture Perfect**
Workshop using an unfisnished wooden Picture Frame (with glass), you can create a unique gift by decorating the frame any way you want!

**Pottery Painting**
Workshop offers opportunity to create custom designed pottery using paintable glaze on pre-fired pottery.

**Silk Painting**
Learn basic techniques for watercolor painting on silk. Learn special effects with resists, anti-diffusants, and sea salts.

**Traditional Rug Hooking**
Learn the 200-300 year old American tradition of primitive rug hooking. Traditional or primitive rug hooking uses a hand hook and strips of wool to form a loop pile on the surface of backing material such as burlap or monks wrap. Create your own custom designs for pillows, placemats, totes, and other small projects. Materials provided.

**Vision Boards & Visualization**
Learn how to create and use Vision Boards -- a visual picture of the dreams you have for your life -- to clarify, express, reinforce, and support your deepest dreams, goals, and desires. This process uses simple collage techniques to bring your feelings and ideas into focus. No experience necessary.

**Woodturning**
Learn basic principles and skills of working with a lathe and wood to create bowls, tool handles, pens, and other functional objects. Instruction is tailored to suit the needs of each student.

**Women's Wisdom**
An ongoing women's support and recovery group focusing on personal growth and nurturing women's inherent wisdom through sharing and listening to life stories; witnessing and supporting your life journey; finding and honoring your expressive voice through poetry, journaling, and expressive arts; and experiencing your authentic self in a safe and sacred circle of women. Group size limited to 8. Information will be provided and applications to participate will be accepted through November.

**Yarn and Company**
Calling all knitters! No matter what type of knitting you like to do, you will be welcome into the circle. All skill levels are encouraged to join us. Please bring any projects you want to share or any current pieces to work on. WE have some knitting needles and lots of yarn.

**Yoga and Relaxation**
Learn basic poses and yoga routine to enhance relaxation, flexibility, and strength through stretching, breathing, and organ massage.