



The Creative Center's Arts Workshop Program is free-of-charge for people living with or beyond cancer and other chronic illnesses as well as their caregivers. All workshops will be presented remotely through the Zoom platform and require that you register in advance. All workshops times are Eastern Time. We recommend that participants gather all supplies/materials in advance.

PLEASE NOTE: If you do not pre-register, there is no guarantee there will be space for you in the workshop. If you register for a class and don't receive confirmation, please email info@thecreativecenter.org.

We have both webinars and live workshops on Zoom listed in the calendar. A standard Zoom **meeting** is fully interactive and allows all participants the ability to see, speak, hear, and screen-share with each other. A Zoom **webinar** is a view-only platform where the attendees cannot see each other, and the host and artists leading the webinar cannot see the attendees. Questions can be answered through the chat function on webinars.

Click any [blue underlined](#) text to be taken to the registration page for that workshop.

A suggested donation of \$25 per workshop is greatly appreciated. [Click here to donate directly.](#)

Programs for the months of May and June will be primarily virtual via Zoom with a few being held in person. Please check workshop description for details .

May

Writing: The Moving Pen with Frank Haberle (ongoing)

Mondays

May 2, 9, 16, 23

NO CLASS ON 5/30 DUE TO HOLIDAY

6:00 - 8:00 PM EDT

Meeting Link: <https://us02web.zoom.us/j/88158523441>

Meeting ID: 881 5852 3441

NOTE: This program is currently full but we are accepting waiting list registration. Participants must commit to writing each Monday to retain group membership. Contact: info@thecreativecenter.org

This prompt-based creative writing workshop is designed to help you discover your voice, develop new material and be part of a community of other writers in a supportive environment led by writer Frank Haberle from the NY WRITERS COALITION, a community-based organization that provides free creative writing workshops to New Yorkers, including the formerly voiceless and disenfranchised. <http://nywriterscoalition.org/>

FRANK HABERLE's debut story collection, *Shufflers*, about minimum wage transients during the Reagan era, is forthcoming from Flexible Press. His stories have won awards from Pen Parentis (2011) and the Sustainable Arts Foundation (2013) and appeared in magazines including Stockholm Literary Review, Necessary Fiction, the Adirondack Review, Smokelong Quarterly, and the Baltimore Review.

Seeds of a Story with Debra Disbrow (4 sessions)

Tuesdays

May 3, 10, 17, 24

3:00 - 5:00 PM EDT

Registration:

https://us02web.zoom.us/meeting/register/tZ0ud-iupzMtE9FAwN1BD_7xIIeB1Qnb8Mw

Meeting ID: 893 0169 8795

Using a combination of interactive exercises incorporating theater, voice, movement and writing, we will each write short theatrical performance pieces or monologues in a playful and supportive environment. New characters will emerge with stories that want to be told. In each session we will create and build characters through different inspirations whether it be visual art, poetry/text or physicality. Then we will write through our character's voice and edit our work. Finally we will rehearse, share, and celebrate each other's work.

Materials:

- Paper and pen/pencil
- laptop

DEBRA DISBROW (she/her) is an interdisciplinary theater maker, singer/musician and educator who creates ensemble and solo works that cross disciplines of music, dance, and theater. She also sings on various recordings and performs and records her own music along with her band Swaaah. She teaches the singing voice, theater, movement improvisation, writing and exploring your own creativity to all ages and experience levels. Debra is a member of Convergences Theater Collective and holds an MFA in Theater-Contemporary Performance from Naropa University.

ARTiculation: Talking About Art and Sharing Works-In-Progress

Wednesday

May 4

6:00 - 8:00 PM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZAud0mvpj0jH9XldTAs5qXAHH6wyN3-tyVZ>

Member ID: 843 3078 6951

We will contribute to each other's creative toolbox to find new methods to discuss the artistic process, as individuals and a creative community, by featuring three participants who sign up to share a visual artwork in progress. All attendees will be encouraged to contribute comments, ideas, and resources through verbal feedback and comments in the chat. The group will be facilitated by two professional artists who will prompt participants to discover how their own process can be inspired by viewing and discussing other's work in a comfortable and thought-provoking environment.

MARIA FERNANDA HUBEAUT is an Argentine-American photographer and performance artist whose rich ethnic background and roots in Eastern philosophy inform her life and her work. Nothing is as it appears, and Hubeaut's composition and timing capture those encounters in which superficial societal constructs break to reveal our human story of survival and joy, and our astounding capacity to hope, grow, and create beyond our self-imposed limits. Her solo works as well as her collaborative projects have been exhibited both nationally and internationally, in New York, Boston, France, Czech Republic and Argentina, namely: Performeando, Queens Museum; Museum Fuegoino of Art; Museum of Fine Art, Octavio de la Colina (Argentina); Grace Exhibition Space, BK; Panoply Performance Lab, BK; Open Studios (BOS) Bushwick, BK; The Northern Manhattan Arts Alliance (NoMAA); The IMC Lab + Gallery, NYC; Brooklyn International Performance Art Festival; Villa Victoria Center for the Arts, Boston, MA; and English Kills Art Gallery, BK, to name a few.

Colors, Sounds and Shapes with Harriet Tebbetts (2 sessions)

Thursdays

May 5, 12

10:00 - 11:30 AM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZErd0qtqDsiGtJ61bwm7nPJPTWRlzvVRAWI>

Meeting ID: 856 3356 0806

This workshop will focus on making connections across mediums and exploring the work of artists who see and hear connections between music, color, and shape. We'll look for connections of our own: What might a circle or triangle sound like? Which colors are loud, and which are quiet? We will start by experimenting with watercolor while listening to different music. Then, we will explore and discuss these questions by making large pieces of artwork using paint collage and oil pastels. Come ready to explore new forms of art making!

Art references:

- Paul Klee, Abstract-Phantastic Garden, 1920
- Jennifer Durrant, Big Cloud, 1978
- Alan Davie, Self portrait in the form of an excited flock of birds- No.9a, Opus 66C, 1959

HARRIET TEBBETTS' art practice centers on large installation and interactive pieces, using a broad range of mediums, be it sculpture, textiles, paint or photography. She has an open and collaborative approach to teaching and makes sure that the participants get to explore and experiment, being as tactile as possible with many different mediums. She feels some of the most exciting ideas and inspiration comes from group conversations that are had at the beginning of the class. Harriet makes time for art inquiry and reflecting on the work that is made. She is currently applying to get a Masters in Art Therapy this fall.

Crochet Garlands with Lisa Daehlin (3 sessions)

Fridays

May 6, 20, 27

PLEASE NOTE: No Class May 13

1:30 - 3:30 PM EDT (In-Person)*

273 Bowery (Houston Street Center, Chinatown YMCA), Classroom TBD

*Please note you will be asked to remain masked for the duration of the class. The classroom space is equipped with windows that open and an air purifier.

Registration:

https://us02web.zoom.us/meeting/register/tZAtduuhqTwrG9bLrCf4cVTyEH_d_zzpl7Yh

Experiment with simple crochet techniques to make flowers, chains, loops, and embellishments, growing into a garland of flowers and shapes both fanciful and fun. No prerequisite fiber arts experience required. This workshop welcomes those who are brand new to crochet as well as valuable to those with some crochet experience.

Materials (provided by The Creative Center but feel free to bring your own if desired):

- Crochet hooks (various sizes large & small, at least one hook in size H)
- Darning needles for sewing yarn (at least one for every 2 people).
- A variety of yarns in various sizes and colors and textures. This will be a good "let's use up the scraps" kind of project, so this is where bringing your own might be fun and useful.
- Elastic for embellishments

LISA DAEHLIN is a knitting designer and opera chanteuse. She has taught fiber arts at The Cooper Union, Newark Museum, PS122 Gallery, Harlem Knitting Circle, Vogue Knitting LIVE and the American Folk Art Museum in New York. A sought-after designer of knitted and crocheted fabrics and objects, she free-lances for the fashion industry and retail design. Her designs can be seen walking the streets of Manhattan, gracing the pages of Interweave Knits, Knit.1, Knit Simple and Vogue Knitting magazines.

Gratitude, Meditation and Vision Boarding w/ Kristin Westbrook (2 sessions)

Wednesdays

May 18, 25

3:00 - 4:30 PM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZMrdu6qqzgiEtyPmy7n5pmgProA8Xlxe5r2>

Meeting ID: 876 1725 3888

In this workshop, we will explore feelings of gratitude and discuss the physical and emotional benefits of having a regular gratitude practice. There will be a guided meditation exploring gratitude with our senses and will have the opportunity to journal and discuss the things we feel gratitude and appreciation with other participants. We will also create a gratitude vision board to remind us of what we appreciate in our lives.

Positive psychology research suggests that gratitude is strongly associated with greater happiness. It is beneficial to practice gratitude when we are experiencing complex challenges or losses in our lives. Practicing gratitude helps people feel more positive emotions, relish good experiences, deal with adversity, and build strong relationships.

Materials:

- Notebook and something to write with.
- Poster board or blank paper.
- Old magazines to tear out images.
- Glue stick or tape
- Or a computer if you prefer to make a digital vision board

KRISTIN WESTBROOK attended the School of Visual Arts with a focus in Graphic Design. She worked professionally as an Art Director and Creative Director for over 25 years. She also assisted a mural painter, worked in a cabinet making shop, studied set design and acting as well as creative writing. In 2017, Kristin launched New York's first mobile meditation studio, *Calm City*. As a certified meditation teacher, she creates and facilitates wellness workshops and practice sessions for companies, schools, and government agencies.

Artist Trading Cards with Jerise Fogel (2 sessions)

Thursdays

May 19, 26

10:00 - 11:30 AM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZMuc-morzspE9LVb8aeLPrK95vB2LutNDRz>

Meeting ID: 873 4001 0396

In this two-session class, participants will be introduced to the history and concept behind artist trading cards - 2.5"x3.5" standard cards that have been used since invented in 1997 by M. Vänçi Stirnemann (a Swiss artist who thought of the cards as a participatory international art project/event) by artists wanting to share their original work with other artists (usually). We will create miniature artworks, discussing design and materials as we work, and protect them in small clear plastic sleeves (or in other ways that will be demonstrated), then trade our cards with one another (or keep them for someone else special in our lives, or for ourselves). Each participant will make a dozen cards (or more!) to trade, and we will also create a special exhibit to show off our favorite cards.

Materials:

- cardstock, stiff paper or watercolor paper sufficient to make a dozen cards (blanks can also be purchased, if wanted: Strathmore makes a small Bristol board pack of 20 "artist trading cards")
- drawing, coloring or painting materials
- collage materials of your choice
- glue or glue sticks
- a dozen or more clear sleeves (similar to these: <https://www.clearbags.com/2-5-8-x-3-5-8-no-flap-crystal-clear-51x80.html>)

JERISE FOGEL is a working artist and teacher living in NYC with her cat, Jordan, and partner in life, Fred. Her artwork can be seen on her website, <https://www.jerise.com>. Jerise likes to work with paper, as well as pencils, inks, charcoal, and other natural materials. In high school and college, she was lucky to be mentored by "Clay" Klewiada and Elliot Offner, who taught her a great deal about line work, the human figure, and the uses of light and shadow in drawing, all of which are still a concern in drawings she does today.

The Frick: Online Guided Visit

Thursday

May 19

4:00 – 5:00 PM EDT

Registration:

https://us02web.zoom.us/meeting/register/tZwvc0qqgjMpHd007EaEAgLUi_FJEIY8Yhr

Meeting ID: 882 7384 8379

Online Guided Visits are aimed at fostering open conversations based on close, collective looking. To that end, the "visit" will focus on 2-3 works of art from the Frick's permanent collection, in addition to introducing the history of the museum. Art Educators facilitate discussions based on participants' observations and curiosities, aiming for depth rather than breadth.

No materials needed!

THE FRICK COLLECTION is an art museum with a collection of more than 1,400 works of art—dating from the thirteenth to the nineteenth century—displayed in the intimate surroundings of the former home of Henry Clay Frick. The residence, with its furnishings and works of art, has been open to the public since 1935. The Frick Art Reference Library is an internationally recognized research library that serves as one of the world's leading resources for the study of Western art. The Frick Collection reopened to the public in early 2021 in the Marcel Breuer-designed building at 945 Madison Avenue, formerly home to the Whitney Museum of American Art.

Art Build Ups: Artist Statement Thought Lab

Friday

May 27

12:00pm- 1:30 PM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZluc0ivpj4qH9W9CsSWD9U4QCcCDfi0B54m>

Meeting ID: 863 7178 5051

Summarizing a lifetime, or even a year, of artistic vision and practice for a broad range of audiences can be a daunting task. Don't be intimidated. In this workshop, you will hear from a panel of artists working in multiple disciplines about how they use brevity, complexity, and exciting word choice to inform readers about what and how they engage with creativity on a professional scale. We will offer suggestions around mapping out your ideas, editing, and creating multiple versions of the same statement to emphasize different components of your practice. Even if you aren't applying for grants and residencies, explaining what goes into your art can be a fulfilling and helpful process!

No previous experience is required!

Materials: Tools for writing and brainstorming such as pens, notebooks, sticky notes, laptops, and pre-existing text from current or former artist statements to be reworked or used for inspiration.

FACILITATORS TO BE ANNOUNCED! Stay tuned!

June

Writing: The Moving Pen (ongoing)

Mondays

June 6, 13, 27

PLEASE NOTE: NO CLASS 6/20 DUE TO HOLIDAY.

6:00 - 8:00 PM EST

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Meeting ID: 881 5852 3441

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ARTiculation: Talking About Art and Sharing Works-In-Progress

Wednesday

June 1

6:00 - 8:00 PM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZAud0mvpj0jH9XldTAs5qXAHH6wyN3-tyVZ>

Meeting ID: 843 3078 6951

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Bubble-Pop Stationery with Wilhelmina Grant-Cooper (2 sessions)

Thursdays

June 2, 9

11:00AM - 12:00 PM EDT

Registration: <https://us02web.zoom.us/meeting/register/tZ0vf-uuqjiosH9U6VV2ZLYFpRoeRfA0lc0mZ>

Meeting ID: 892 8224 1651

Using plain, white paper, participants can create pastel colored writing papers and envelopes by popping soap bubbles. These beautiful shapes and patterns rendered on paper can create wonderful stationary, collage materials, and backgrounds for other artistic projects. As a found object artist, Wilhelmina reinforces the notion of "using what you find/have" to simply and affordably create something interesting and beautiful. Experimenting with soap bubbles is fun and full of surprises!

Materials:

- small bowl(s)
- 1 teaspoon of sugar
- 1/2 cup water
- straw(s)
- 1 teaspoon dish soap
- plain or lined paper (or cardstock if available)
- plain envelopes
- food coloring from supermarket

WILHELMINA GRANT-COOPER is a self-taught artist who creates works of art using found objects. As an advocate for waste reduction and re-use, Wilhelmina believes that repurposing everyday items can result in artistic transformation and beauty.

Basics of Figure Drawing with Jerise Fogel (4 sessions)

Tuesdays
June 7, 14, 21, 28
10:00 - 11: 30 AM EDT

Registration: <https://us02web.zoom.us/meeting/register/tZ0oc-Ghqz0oHtF1a2GASlwHi8S0HUc-QNHG>

Meeting ID: 895 4895 6245

This four-session class will introduce participants to some basic ways of looking at, analyzing, and drawing human bodies (and faces/heads) realistically. We will learn how to see and capture basic body proportions on our page, observe changes to the body when standing or seated, and see relationships to the surrounding context, whether landscape or interior. Homework assignments will ask participants to sketch and draw as many people as possible in live settings. We will draw from models that will be shown on screen in all four classes; in the second class that will be augmented. The class will culminate in a small exhibition and talkback with the artists, who have worked on one piece "to show."

Materials:

- large pad of newsprint paper (18"x24"; about \$9 at DickBlick: <https://www.dickblick.com/products/blick-studio-newsprint-pads>)
- charcoal, soft pencil, or pastel (students' choice)
- other tools or materials as desired (optional).

JERISE FOGEL is a working artist and teacher living in NYC with her cat, Jordan, and partner in life, Fred. Her artwork can be seen on her website, <https://www.jerise.com>. Jerise likes to work with paper, as well as pencils, inks, charcoal, and other natural materials. In high school and college, she was lucky to be mentored by "Clay" Klewiada and Elliot Offner, who taught her a great deal about line work, the human figure, and the uses of light and shadow in drawing, all of which are still a concern in drawings she does today.

Woven Jewelry w/ SAORI Arts NYC

Wednesdays
June 8, 15, 22 and 29
1:00 - 2:30PM EDT

Registration: https://us02web.zoom.us/meeting/register/tZYrcuioRTIsGdUZbrf_WuqrC22eclcRTveS

Meeting ID: 826 5103 9631

In this workshop series, participants will explore the world of SAORI weaving. SAORI weaving is designed to be accessible for all, allows anyone to develop their own unique artistic aesthetic, and shows that there is no such thing as making a mistake! Led by fiber artist Brandy Godsil, you will learn how to weave using common household materials. Then, we will transform those weavings into bracelets, necklaces, rings, and more. We will weave to relax, weave to find ourselves, and weave as a community.

Materials:

- Piece of cardboard, 4 x 6 is a good size, but any size will work and depends on how large you want your weaving to be
- Pencil for marking the cardboard
- Scissors
- Weaving materials- yarn, string, ribbon, etc. Please see handout for other suggestions.

HIGHLY RECOMMENDED (but not required):

- Jewelry Findings such as necklace cords, earring hooks, pin backings, ribbon clamps

OPTIONAL:

- Glue
- Tape
- Two straws, pencils, or chopsticks to elevate the warp threads
- A paperclip or bobby pin to making weaving easier

BRANDY GODSIL, Co-Founder, Social Media Coordinator and Teaching Artist, is a fiber artist, couturier, on-set tailor, and multidisciplinary instructor. Godsil co-founded SANYC, inspired by her experiences with SAORI weaving and realizing the potential for people with disabilities. As an instructor, Godsil teaches design, garment construction and sewing, SAORI weaving, various fiber art methods, and drawing.

Arts and Appetizers w/ Joselyn Garcia

Thursday

June 9

4:00 - 5:30PM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZ0rcuGgrz4qHtcoUalFnMCR8rjv6rFhvna9>

Meeting ID: 896 5881 5043

Do we all see artworks in the same way? How do we find meaning in works of art? Can that meaning change? How does our own life experience affect the way we view the world? Viewing and discussing works of art together, this class will engage participants in discovering how to look at art. A variety of activities that help provide differing perspectives will encourage us to think about our responses, assumptions, and our thinking. Come with us for an adventure in looking- and seeing!

JOSELYN GARCIA is an art history and classical studies major with a minor in theatre at Hunter College. She is a Bluhm and Athena Honor scholar in addition to being a Mellon Mays fellow. Joselyn has won the Latin Excelsior Prize and is a member of Eta Sigma Phi. Joselyn also has a keen interest in the theatre community, having participated in departmental productions as an actress, assistant stage manager, and costume designer; she also enjoys singing as a tenor with the Hunter College Choir. Joselyn does research exploring classical reception in the Italian Renaissance. She hopes to further understand why classics have survived as long as it has and how its iconography has managed to remain as prevalent as it is. She is currently conducting research on how Cosimo II Vecchio used classical imagery and thought to rise to power in Florence and establish a dynasty.

The Art of Ice Dyeing Fabric with Omi Gray (3 sessions)

Thursdays

June 16, 23, 30

10:00 - 11:30 AM EDT

Registration:

<https://us02web.zoom.us/meeting/register/tZcqceCtrz0iGNVC6FptjNUHYo4ZwzPVeALY>

Meeting ID: 837 6951 6821

This amazing art form will give you a new appreciation of the ice cubes in your freezer. Use cotton fabric to create the most amazing patterns created by placing your fabric in a quart-size glass jar then place the ice cubes on top of the fabric, then sprinkling the "Ice Dye Powder" on top of the ice cubes, and finally exercising the art of patience. You must wait for the ice cubes to melt on their own to reap the benefits of this unbelievable process. Preparing your project early in the morning and ignoring it until the evening or at night and waiting until the morning is recommended.

Materials:

- Ice cubes
- aluminum foil
- rubber gloves
- quart-size glass jar
- white or light colored cotton fabric cut into 18"x21"pieces (old sheets old pillow cases or old tee-shirts,)
- <https://www.etsy.com/listing/846567579/ice-dye-powder-plus-soda-ash-prepared>

OMI GRAY is a multi-faceted artist living in Harlem, New York. She loves to create, but more importantly, she loves to teach and share countless techniques of transforming ordinary items into extraordinary works of wearable art, art to adorn your home and art for the sake of giving. Her creative process is spiritual, magical and therapeutic. When creating, Omi says she is at peace.

Many thanks to Novartis Oncology and the NYC Department of Cultural Affairs for their generous support of The Creative Center at University Settlement's Arts Workshop Program for people with cancer and other chronic illnesses.

Questions? Email Sophia Heinecke, Manager of Arts and Wellness at info@thecreativecenter.org or call our office at (646) 465-5314.