



SELF HELP
GRAPHICS & ART

2021 BARRIO MOBILE ART STUDIO WORKSHOPS



OUR STORY

Founded in 1970 in the heart of East Los Angeles, Self Help Graphics & Art is dedicated to the production, interpretation and distribution of prints and other art media by Chicano/a and Latinx artists. Our multi-disciplinary, inter-generational programs promote artistic excellence and empower our community by providing access to space, tools, training and capital.

1300





ZINE-MAKING

Zines began in the 1930's when sci-fi fans began to write their own stories, and were later embraced by the punk scene in the 70's.

Zines are a great way to publish your own art, poetry, community build or begin a gratitude journal.

Supplies:

found photos

magazine clippings

paper

glue

scissors

stapler

drawing supplies (pen,

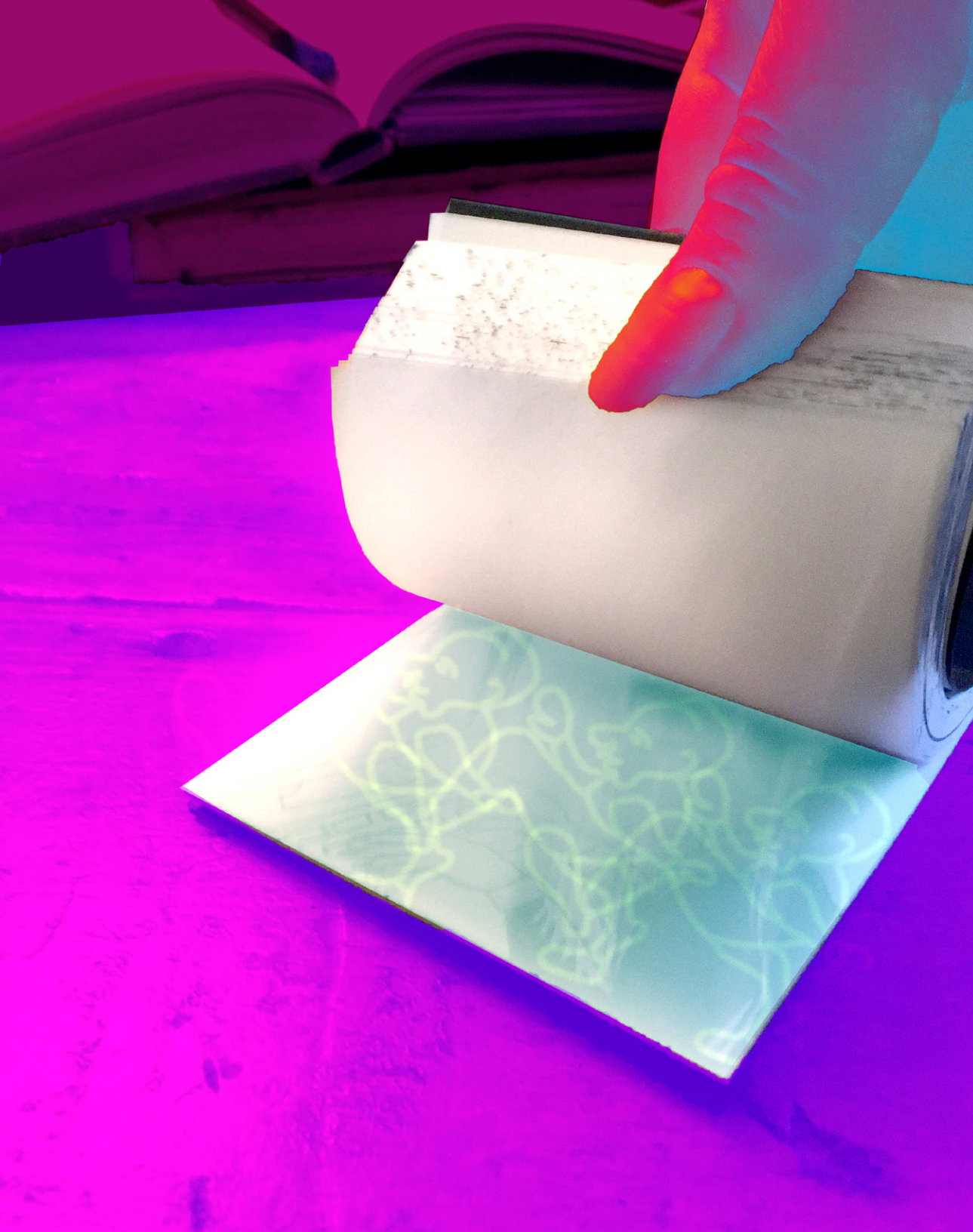
crayons, pencils, markers)



COLLAGE

Make eclectic and visually stunning collages using old magazines, found photos, family photos, found items and images from the internet. You can make a self portrait, landscape or gratitude collage.

Supplies:
found photos
magazine clippings
paper
glue
scissors
drawing supplies (pen, crayons, pencils, markers)



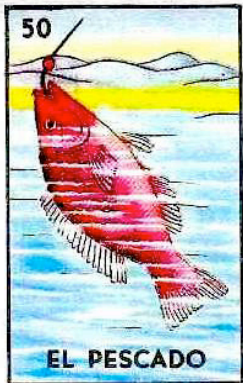
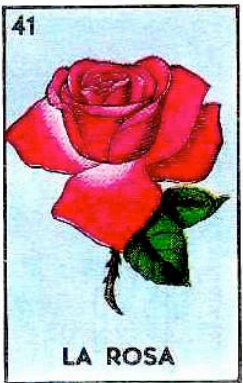
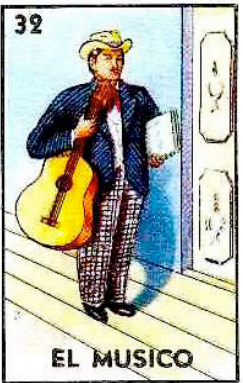
FLIP BOOK

Dive into the world of animation by making a flipbook. Originally known as a kineograph, a flip book is a series of images that gradually change from page to page to simulate motion.

Tell a story about an experience you have had recently through a flip book. All you need is paper and a pen.

Supplies:

3 x 3" post-it pack
pen or pencil



LOTERIA CARD

Loteria - the bingo style pictograph game with iconic images that can be adapted to make your own interpretation.

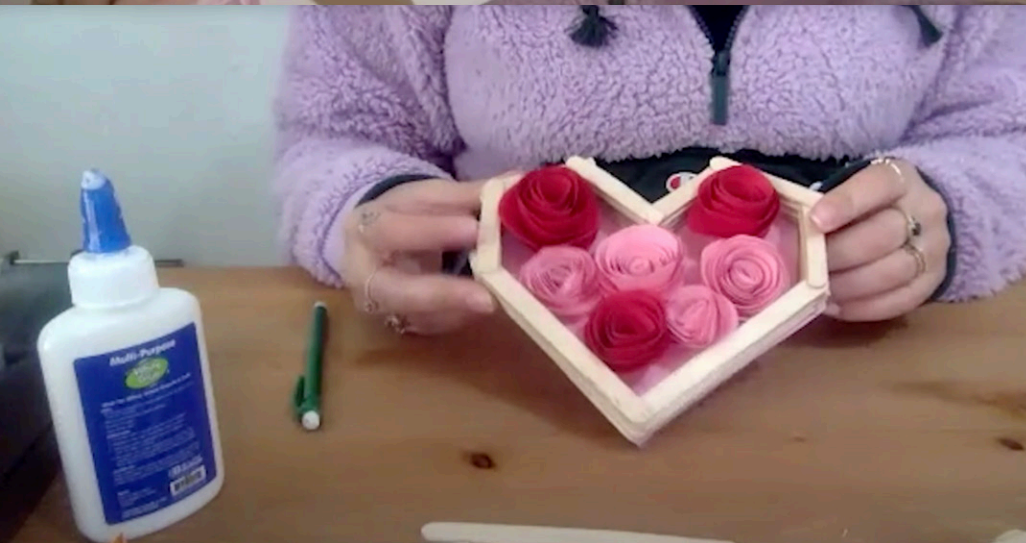
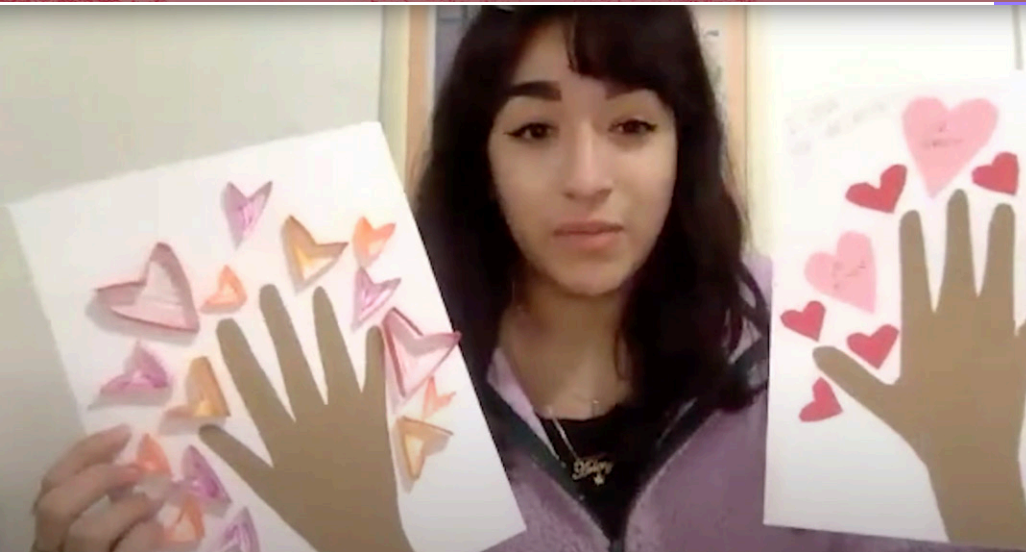
Current loteria trends include:
La Rhona (Corona Virus)
La Mascara (Mask)
El Zoom

Make a poster-size loteria card based on the classic game to share your experience in 2020 or hopes for 2021!

You can design your own image and color it in with paint, crayon, color pencils or markers.



Love Grows Here: Creating 3D Flowers with Arleny Vargas



LOVE GROWS HERE

Creating 3D flowers with Arleny Vargas.

Paper flowers are a beautiful alternative to real flowers and a more eco-friendly alternative to fabric flowers. You can make them from recycled or renewable sources in different colors, or with handwritten messages on them.

Do you want to flourish in a specific area of your life? Make a bouquet and write your wishes on the petals to remind you of your goals.

Materials:

- paper
- glue
- scissors
- pencil or pen



PAPER PIGGY

Piñatas were originally made of clay, but you can make a piñata-inspired piggy from paper using a balloon and sheets of tissue paper.

Make one for your home, for a friend, or as a pet for your children.

Supplies:

balloon

tape

scrap paper

tissue paper

glue

scissors



TIE DYE WITH MARKERS

Learn how to tie-dye using permanent markers. Tie-dye is a long time favorite creative project. It has also been a technique that is closely related with self-expression. Learn to embrace experimentation through this activation.

Supplies:

White T-shirt

Sharpies

String

Alcohol



PINCH POT

Create a simple pinch pot from air dry clay. The tradition of clay pots created by Mesoamericans for offerings of gratitude continues in this workshop. Learn the basics of creating with clay such as rolling and coiling. During this workshop participants will focus on gratitude and the things that they are grateful for. Working with clay is a soothing activation that is wonderful for relieving stress.

Supplies:
air-dry clay



AFFIRMATION POSTER

Express your positive affirmations on a poster. Learn a transfer technique that makes drawing easy for even the least artistic among us.

This workshop is meant to uplift positive ideas through the art of the poster.

Supplies:
paper
pencils
markers



STENCIL MAKING

Stencils can be used in many ways to create repeated imagery. You can design a stencil and use it to add a pattern to your clothes, to your walls at home, to a piece of canvas to hang on the wall. You can also use a stencil to label items, for scrapbooking, quilting, sewing and more!

Make a stencil of your favorite shape, make your portrait, or a geometric design.

Supplies:

paper

scissors

pencil or pen



FABRIC PORTRAIT

Textile art is one of the oldest forms of human expression. You can preserve pieces of your history by making a self portrait from fabric scraps. All you need is fabric from personal items that are important to you, or fabric swatches that you like. It's like quilting, but less pressure.

Supplies:

- Ruler
- Fabric
- Scissors
- Paper
- Glue



PATCH-MAKING

Upcycle your clothing with hand-made one-of-a-kind patches made by you.

You can make patches out of sequins to add some flare. You can make hand drawn patches, or embroidered patches to add texture to your outfit.

Supplies:
Fabric swatch
Scissors



PAIN'T WITH COFFEE

Ease away your stress with a meditative and experimental painting session. Use coffee to create a landscape, an abstract piece, or a portrait. Watch the coffee soak into the paper and change color right before your eyes.

Supplies:

Coffee

Paper

Brush



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For additional information please contact:
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Self Help Graphics & Art is a 501(c)3