Cuídate

Take care of yourself

Alba Castro

Albert Orozco

Amabelle Aguiluz

Andreina Giron

Angelica Viramontes

Billy Montenegro

Blanca Ibarra

Brenda Cibrian

Brenda Trujillo

Calixto Rodriguez
and Students of
Southeast Middle School

Carlos Ayon

Catrina Esperanza

Celestina Rodriguez

cindita

Daisy Velasco

Daniela Garcia

David Martinez

Edlin Lopez

Eleazar Martinez

Jacqueline Valenzuela, *Send the Addy*, 2020

Evelyn Menjivar

Ever Velasquez

Glories

Israel Lopez

Jacqueline Valenzuela

Joan "Zeta" Zamora

Jo Jimenez

Jynx Prado

Kiara Aileen Machado

Leo Alas &
Genna Bloombecker

Leopoldo Pena

Martin Alexander
Hernandez

Mike Gallegos

Michael The Khoi Tran

Miguel Rivera

Mike Alonso Alcala

Nicole Fournier

Paloma Montoya

On view January 29, 2022 - March 26, 2022 at the South Gate Art Gallery - 8680 California Ave.

Gallery public hours: Saturdays from 12-4pm or by appointment

Call (323) 357-5838 or email euribe@sogate.org to book an appointment.

City of South Gate

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Los Angeles County Arts & Culture

public programs

Creativity and Self-Care

Wednesday, February 24, 4pm-5pm on Zoom · Ages 16+ · Free

Self-care is a practice that takes many forms. Join Isabella Muñoz, Behavioral Therapist and Youth Specialist, for a virtual discussion on self-care strategies and Sophia Inaba, MA Candidate in Mental Health Counseling and Music Therapy, for a fun, musical activity to access anytime you want to treat yourself. **Register at: https://bit.ly/3yStoyo**

Body Awareness and Guided Meditation with Rob Don

Saturday, February 26, 9am-10am at South Gate City Hall · Ages 13+ · Free

Learn yoga positions and meditation techniques that will help you connect with your body. Group will meet at the grassy area in front of City Hall. Please bring your own mat!

Watercolor Workshop Guided by Polaris Castillo

Monday, March 7, 4pm-5pm at the South Gate Art Gallery · Ages 6-12 · Free

Join local South Gate artist Polaris Castillo for a watercolor workshop where participants will splash paint on pre-made designs based on his work. Designs will be inspired by themes of indigenous consciousness and mindfulness, such as sacred temples, nature and native people. All art materials will be provided.

Photography Workshop with Budding Artists

Saturday, March 12, 11am-12pm at the South Gate Art Gallery · Ages 3-5 · Free

Young artists will use point and shoot cameras to document their gallery and nature exploration as an introduction to therapeutic photography while learning about the basic science and physics of photography. All art materials will be provided.
Advance registration required, at www.tinyurl.com/BAPhoto2022

Photography Workshop with Budding Artists

Saturday, March 19, 11am-12pm at the South Gate Art Gallery · Ages 3-5 · Free

Young artists will use point and shoot cameras to document their gallery and nature exploration as an introduction to therapeutic photography while learning about the basic science and physics of photography. All art materials will be provided.
Advance registration required, at www.tinyurl.com/BAPhoto2022

Closing Celebration for *Cuídate / Take care of yourself*

Saturday, March 26, 12pm-4pm at the South Gate Art Gallery · All Ages · Free

Join us to celebrate the work of over 35 local artists participating in our inaugural exhibit! Enjoy special programming such as a sound bath facilitated by Rob Don, *Weaving Hope*, an interactive installation and art activity by Yeu Q Nguyen, shop local vendors, and browse free community resources. Free art workshops will be provided by the SELA Artists Guild, Color Compton, Carlos Gacharna, Latinas Art Foundation and Artspace HP.

Free public programs are made possible through the generous support of our sponsors:

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