

# SHORTCUTS NEIGHBORS



**Jessica Ansberry runs Progress Not Perfection Paint Parties at her Pacific Grove shop for children and adults. She also offers workshops and camps.**

## Art Inspires Participants at Pacific Grove Studio

BY RENEE BRINCKS

**J**essica Ansberry started painting for fun while working as a corporate manager, but self-doubt challenged her artistic progress. So, she hushed the inner critic and painted daily for 90 days.

"Instead of beating myself up, I just tried to learn new things as I went," she says.

As her enthusiasm grew, Ansberry started hosting painting parties for friends. Four years ago, while on sabbatical, she turned that hobby into a career.

At Progress Not Perfection Paint Parties in Pacific Grove, Ansberry offers painting workshops, sign-making parties, craft events, vision board sessions and open studio time for adults. She also leads off-site sessions for corporate and social groups. Her summer camps and art days introduce sketching, painting, and other creative endeavors to children ages six to 12.

Youngsters walk away with new skills and an understanding of the creative process. Adults find that the activities relieve stress, strengthen social connections, and spark interest in new hobbies.

"I love watching people discover the same benefits that I did. Sometimes it takes a little encouragement, but once they start a project, I no longer have to convince them," Ansberry says. "There's no faking the benefits that art can provide."

*For reservations, to view upcoming Progress Not Perfection events, or for more information, please visit [www.pnppaintparty.com](http://www.pnppaintparty.com).*

Photo: Katelynn Finnie