

MAXpress Yourself

Monthly Art Program for Guys into Guys

When:

Thursday, March 4th, 2021 7 p.m. - 9 p.m.

Where:

Online (Zoom)

Registration:

Free (Click [HERE](#))

Description:

MAX's art program for guys into guys is now online! Each month MAX will host a Zoom meeting to present a new MAXpress Yourself art project to create. You don't need to have any previous artistic experience to participate. Make a beautiful creation or a fabulous mess, it's all good fun!

This MAXpress Yourself is a collaboration with MAX's mental health programs. We know it's a tough time for everyone these days, so why not come take a mental break by sharing what makes you happy with us? After all, [art is shown to boost your mental health!](#)

MAXpress Yourself Art Project #1:

Make a collage using any paper or craft materials that you can find around the house.

Technique:

Collage

Theme of the project:

What makes you happy?

Think about all the things that make you happy (family, friends, a pet, a favourite TV show, etc.) then try to show as many of them in your collage as you can manage. Or, if you want to, choose one thing that makes you happy and make it the topic of your masterpiece.

Instructions:

After you [register](#), collect these items and have them ready to use during the Zoom meeting:

- tape, white glue or a glue stick (to stick your collage pieces to your canvas)
- scissors (to cut out your shapes)

- 10 to 20 various images to use in the collage (you will be cutting out the shapes)
- paper, cardboard or Bristol board to use as your canvas (to glue shapes on to)
- Optional: any additional craft materials that you might wish to use (markers, coloured paper, stickers, glitter, etc.)

Tips:

- There's no wrong way to make a collage, it's your creation!
- The size of the canvas your collage will be made on is up to you. It can be a standard sized piece of paper, or several pieces of paper taped together to make one big page, a Bristol board (sold at dollar stores), a piece of cardboard from a storage box or cereal box, or anything else that you might have available.
- Collect several images that you want to use in the collage. They can be printed out from your computer, from a magazine or newspaper, colour photocopies of actual photographs (so that you don't cut up your originals), or any other image that you might wish to use.

Ideas for materials that can be cut up with scissors for your collage are:

- leftover Christmas wrapping paper, gift bags, paper bags, tissue paper
- newspapers, store flyers, magazines, comic books
- tin foil, wax paper, foil pie plates, paper plates or paper cups
- if you have a computer and printer, you can print out images of people, animals, and other things
- yarn, ribbon, felt, fabric, old clothes that can be cut up
- Christmas cards, dollar store stickers, bows, construction paper, craft paper
- empty food boxes such as cereal boxes
- napkins, paper towel, doilies, cupcake liners
- Bristol board or cardboard boxes

Please feel free to email MAXpress Yourself facilitator Mikey Artelle with any questions:
mikey@maxottawa.ca

To access our other mental health services, please visit our mental health portal:
<https://maxottawa.ca/mental-health-portal/>