

**MAXpress Yourself**  
Monthly Art Program for Guys into Guys

**When:** March 24th, 7pm - 9pm

**Where:** 400 Cooper St, Suite 9004, K2P 2N1

**Registration:** Free! (Click [HERE](#))

Max Ottawa's art program for guys into guys is back! Max Ottawa is hosting workshops to present a new MAXpress Yourself art project for guys into guys 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!

---

**The Project:**

We will be exploring the diverse world of Collage making! In this three part workshop, we encourage everyone to create their own unique collage. We would like to use images, newspaper clippings, and other physical media that shows or talks about various LGBTQ+ Gathering Spaces in Ottawa (Social Services, Businesses, Bars, Coffee Houses, Bath Houses, etc.) Then in our last session, we will put all the individual collages together to create a number of larger collages. In the end, we'll have a series of collective art pieces that tell the story of our community's safe spaces in Ottawa.

**Instructions:**

- Please collect any photos, magazine images, or newspaper clippings that you have of past and present LGBTQ+ Gathering Spaces in Ottawa
  - If your images are digital: please print them off and bring them, or email a digital copy to [maxpressyourself@maxottawa.ca](mailto:maxpressyourself@maxottawa.ca) and we can print it off for you
  - If your images are physical: please scan them and send a digital copy to [maxpressyourself@maxottawa.ca](mailto:maxpressyourself@maxottawa.ca), or bring them on the day of the workshop and we can copy them for you
- Other supplies will be provided by MAX

**Tips:**

- There's no wrong way to make a collage, it's your creation!
- You can use any base you would like; a standard sized paper, multiple papers taped together, a piece of cardboard, Bristol Board (sold at dollar stores), or anything else you have available. It can be any size you'd like.
- If you are able to, please make copies of any important or sentimental images. We will likely be cutting up the images we use. If you are unable to make copies, you can come in person and bring the picture; we'll copy it for you

---

Please feel free to email MAXpress Yourself facilitators with any questions:  
[maxpressyourself@maxottawa.ca](mailto:maxpressyourself@maxottawa.ca)

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