



ALBERTA GSA NETWORK

RAINBOW WORKSHOPS

THE RAINBOW FLAG IS THE INTERNATIONAL SYMBOL OF THE LESBIAN, GAY, BISEXUAL, TRANSGENDER, TWO-SPIRIT, AND QUEER COMMUNITY. EACH COLOUR OF THE RAINBOW SYMBOLIZES A PARTICULAR MEANING AND EXPRESSION OF IDENTITY. THE FOLLOWING WORKSHOPS HAVE BEEN DESIGNED FOR GAY-STRAIGHT STUDENT ALLIANCES TO HELP EXPLORE THESE THEMES THROUGH ARTS-BASED AND LEADERSHIP ACTIVITIES.

TO HAVE ONE OF THESE WORKSHOPS DELIVERED TO YOUR GSA, PLEASE CONTACT DR. KRISTOPHER WELLS (KRIS.WELLS@UALBERTA.CA).

LIFE

Zentangle art uses ink and paper and repetitive patterns to create pieces that are abstract and unique. The process of creating a Zentangle is often meditative and calming and can create space for personal reflection. In this workshop we will use the Zentangle technique to create individual art pieces that are unique, yet connected to each other; artistically expressing the thread of life that ties us. Absolutely no artistic experience is necessary.

HEALING

This workshop is designed to heal some of the hurt that can be caused from within the LGBTQ community. Such hurt can often be traced back to misunderstandings about the fluid, dynamic, and intersectional nature of LGBTQ individuals and groups. The healing workshop is a chance for everyone to become better educated about the multiple identities and ways of being that are part of the individuals and groups within the LGBTQ community, and what to do

ENERGY

In this workshop we will be using pastels and working as a group to create a one-of-a-kind abstract piece. The end result will be a kaleidoscope of colours, that (among other things) will represent the energy, vitality and strength of each individual group member as well as the collective group. Absolutely no artistic experience is necessary.

NATURE

In this workshop we will be using print making to create our family trees – based not on our biological families but on our ‘families of choice’ our close network of friends who we consider our family. We will be looking at the strengths, contributed by our family members, that we are surrounded by and can draw on in challenging times. Absolutely no artistic experience is necessary.

COMMUNITY

GSA exist in relation to a host of other entities- school peers, staff, clubs organizations. This workshop will refine how your GSA can build effective coalitions with other entities in order to reach mutual goals. *This workshop works best when it is preceded by the purple - spirit workshop.

SPIRIT

In answering ‘what is the spirit of our GSA?’ this workshop explores where your GSA began, what it’s accomplished so far, and possibilities of the many directions it can take in the future. This workshop will help to illustrate which of the many ‘right’ ways of GSA organizing will work best for your group. Following a World Cafe discussion model, this workshop is designed to clarify the goals, directions, and dreams of your GSA - in essence, its’ spirit!