



RESILIENCE

Crochet and Mindfulness Event

July 5th, 2022 | 6PM to 8PM | Virtual
No experience needed, ages 16+ and all genders
welcome!

A two-hour virtual group event teaching entry-level crochet skills as well as mindfulness techniques, for survivors of sexual violence.

No disclosures about experiences required, however group participants are welcome to discuss this if they wish to.

Materials needed: One crochet hook, size 5mm or 5.5mm; one ball of yarn, medium weight (size 4)

FREE MATERIALS AVAILABLE for those in need (must contact us at least 5 days in advance of the event)

Please contact the group leader Erica Hungerford, LPC, at ehungerford@ourresilience.org to request to participate and inquire about materials