

# MINDFUL VETERAN P R O J E C T



Join us for our crafting/mending/knitting/crocheting circle!

With gracious host Isabella, a small group of women used to meet at Café Carolina for a few Sunday hours of good company, conversation, tea/coffee/cocoa, while we knitted or crocheted, mended or crafted

We worked on everything from complicated sweaters to simple scarves, without judging the outcomes, free to keep our handiwork or donate it via MVP to veterans/veteran families in need.

We've stopped meeting in person but, perhaps more than ever, need this kind of simple, nurturing companionship over crafting in which women have long traditionally engaged.

Join us as we continue on Zoom

**Sunday**  
**June 13<sup>th</sup>**  
and  
**July 11<sup>th</sup>, 2021**  
**1:00pm - 2:00pm**  
(Pacific Time)

just have some materials to work with  
no skill required  
we can teach you basic knitting/crocheting  
~ or you can embroider, sew, mend ~

contact us via phone or email

**818.616.2931**  
**[info@mindfulveteranproject.org](mailto:info@mindfulveteranproject.org)**

for the Zoom link  
and other details

