

The Healing Cloth: A Workshop for Adoptees & Birth Parents

This workshop allows adoptees to explore their past through the healing qualities of hand stitching. Stitching allows us to draw out our personal voice and brings meaning and emotion to the cloth. It translates our adoptive journeys, whether happy, sad or painful into beautiful textiles.

This is an open concept class without rigid rules around correct stitching or form. Instead, it will be a comfortable place to create, no matter what level of experience you have. I only ask that you come with openness to create, to share and to be guided by your creativity through a healing process. Participants can choose to embroider a written letter, create & hand stitch a doll, mend or embellish clothing or work with any other fibre that might help them move through their journey as an adoptee.

Plain muslin fabric, various thread and needles will be provided, though you may want to bring small items with which you can embellish your piece or any specialty threads or fabrics you might want to stitch with. Bring scissors for cutting thread or fabric and an embroidery hoop. More specific information upon registration.

Date: *to be determined based on participants*

Cost: *\$10 to cover supplies*

Note: *I am considering offering workshops similar to this for the general public, but at this time, this workshop is open only to adoptees and birth parents. If you are interested in a future workshop, please contact me by email or through my website.*

Complete your information below if you would like to be contacted about this upcoming workshop:

First & Last Name: _____ Email: _____ Phone Number: _____
