

Are you a LGBTQQ+ youth 24 or younger?

# KNITTING FOR SELF-LOVE & QUEER LIBERATION



*5 Summertime Saturdays*

*June 8, 22*

*July 6, 20*

*August 3*

*1pm - 4pm*

Lunch served!

\$10 Gift Card for participating!

**Free**

*In this workshop participants will learn the benefits and basic techniques of knitting, tying the age-old skill into a self-care practice and means of community engagement.*

*Sessions begin with new techniques taught and tied into various topics, such as mental health, activism, body positivity, and gender expression. Includes studio time to practice techniques with one-on-one support from the instructor.*

***Supplies included!***

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**LYRIC**  
CENTER FOR LGBTQ YOUTH