



THREADS OF CONNECTION

Early studies show that knitting, crocheting, and other hand crafts can be helpful in improving mood, social connection, and concentration



Join us for a therapeutic support group that takes advantage of these factors. Group will focus on life transition issues, stress, anxiety, depression, and more!

- Group members will participate in collaborative and supportive discussion and help create group format.
- **All experience levels welcome!* Knitting, crocheting, embroidery, and other hand-held crafts.**

Group facilitators:

Sarah Silverman, PsyD & Jessica Rosenfeld, PsyD

For more information, please call
541-393-5983

Group is offered via Zoom,
Thursdays 4-5:30PM
Beginning late June 2020

*Please note: we cannot provide instruction for how to complete crafts, but are happy to encourage you to learn!