

TEACHING TUESDAYS!

AT NISQUALLY ADULT WELLNESS CENTER

Every Tuesday

from 12 pm - 7 pm

WITH
AMANDA RAE!

I will start various projects each month.

JAN : Cab & Ribbon Skirt/Vest making (beading & sewing)

FEB: Cedar Bark Weaving, Various items

MAR: Basic Mocassin Making

APRIL: Applique work

***Target audiences for my program are **Adult Nisqually Tribal & Community Members**, in recovery.

Recovery covers lots: addictions, grief & loss, trauma, mental health, and we can all agree this can mean everyone. We all have experienced one, if not multiple of these. Since this is adult wellness please be

mindful and make arrangements if you have younger children. I appreciate your participation and understanding.

Can't wait to see you all!***

For more information please call Amanda Rae 360-455-5213 ext 2171 or email hicks.amanda@nisqually-nsn.gov