



# Crochet Classes

## Learn a skill, ease your anxiety

Limited seats available.  
First come, first serve.

October 18 and 25  
6-7 p.m.  
Sign up is required.  
Open to men and women!

### STARTING IN OCTOBER

*No cost for class. Please bring your own supplies, ask for a supply list.*

Hands-on activities have proven to be successful for people struggling with all types of anxiety, specifically those with Body-Focused Repetitive Behaviors such as skin picking and hair pulling. This is a wonderful opportunity to take a class from a professional and find a new way to manage your stress.