

## **Knots For A Cause**

*Sometimes your heart speaks best through your hands.*

*Making a difference one stitch at a time.*

*If you find it in your heart to care for somebody else, you will have succeeded.-Maya Angelou*

Anyone who brings in a new and completed handmade item (following the specified guidelines) will receive 20% off at Torrey Holistics.

### **Mission Statement:**

We are a volunteer maker community who come together to make beautiful gifts of knit and crochet comfort items for local San Diego hospital patients going through cancer related treatment.

### **When Do We Meet:**

First Meeting: Sunday December 12, 2021 11am-1pm

*Next Dates:*

Sunday, January 9, 2022, 11am-1pm  
Sunday, January 23, 2022, 11am-1pm  
Sunday, February 6, 2022, 11am-1pm  
Sunday, February 20, 2022, 11am-1pm

### **Who Is Welcome:**

All yarn enthusiasts are welcome of ALL LEVELS!

Dr. Beth, PhD will be leading the group and can teach you how to knit or crochet for any beginners who want to volunteer their time to make beautiful handmade goods for an amazing cause.

### **What Is Provided:**

All materials are generously provided by Torrey Holistics. This includes:

- Yarn
- Crochet Hooks
- Knitting Needles
- Free Knit & Crochet Patterns (multiple skill levels)

### **Submission Guidelines:**

Any handmade items will only be accepted DURING the group meetings (please see next available dates). No items will be accepted outside of the meeting times. This is to insure that each item meets the required specification for acceptable donations at the hospitals.

### **Accepted Items (Knit or Crochet):**

Hats, Caps or Beanies  
Mittens, Gloves, or Fingerless gloves

Scarves, shawls or throw blankets

**Individual Item Guidelines:**

All materials used must be brand new.

Natural Fiber's Are Best

*Synthetic Yarn projects are accepted, but natural fiber is preferred.*

**Sizes**

Adult- S, M, L, XL, XXL

One Size Fits Most

**UNACCEPTABLE Items**

NO Infant or NICU Items

NO Children's Items

NO Unauthorized or Trademarked/Copyright Logo's or Characters

NO Profanity, Adult Content, or Explicit language/imagery

NO dirty, used, or previously owned items