



SEWING, TEXTILES & HOME ARTS PROGRAMS

The Sewing & Home Arts workgroup promotes traditional skills like sewing, quilting, and other home arts. Through hands-on workshops, conferences and community classes, this working group fosters creativity, self-sufficiency, and cultural heritage. By teaching practical skills, the program strengthens community connections, supports personal well-being, and sustains the rich traditions that enrich homes and families throughout Utah.

Textile and Clothing Training

The annual Textile and Clothing Training provides hands-on sewing and textile instruction for FCS teachers and 4-H leaders and volunteers. Participants build practical skills they can take back to their communities while engaging in creative projects that support mindfulness, reduce stress, and foster a sense of accomplishment. The program strengthens both technical skills and well-being, benefiting educators, volunteers, and the communities they serve.

Serving: **Statewide**

100 participants



This is my 4th year attending and I love it so much! It is always well organized and relevant...I really appreciate that USU organizes this every year.

Sewing and Textile Conference

Serving: **Washington County**

74 participants

Participants reported strong social and emotional benefits from the sewing conference.



95% indicated improved mental health or overall mood*



61% identified networking as a key benefit*



61% reported strengthened friendships*

*Multiple responses allowed.

"I loved that there was enough time scheduled to complete each project! I plan on using the bitsy boxes, rope basket, 3D printed sewing equipment, and the service project to teach essential skills to my sewing students this year! I appreciated that the conference projects were focused on developing the skills of beginning and intermediate skilled sewers. This was my 2nd year attending and I left feeling inspired, refreshed, and excited to teach sewing again. Thank you for putting on such a great event!"

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