Mission BEAM

(Blindness Empowerment, Advocacy, & Mentoring)

is proud to present

Soak It In: Tips for Clothing Selection & Care

Mission BEAM is a program for transition age youth (ages 14-21) provided by the National Federation of the Blind of Missouri. “Soak It In” is an interactive workshop for students who want to increase their independence in their wardrobe choices and care. During the workshop participants will have the opportunity to explore clothing choices and to take part in: washing & drying clothes, folding and hanging clean clothes, using an iron, and simple sewing.

**Who should attend?** Any blind/visually impaired student who is between the ages of 14 and 21 and is enrolled in an education program.

**How much will it cost?** The workshop is $250.00, this includes materials, resources, snacks, and lunch. (RSB may cover the cost for students who are clients.)

**When is it?** This 1-day workshop will be on Saturday May 31, 2025 from 10:00 AM - 4:00 PM.

**Where will it be held? St. Louis Lighthouse for the Blind- 10440 Trenton Ave. St. Louis, MO 63132**

**Do I need to bring anything?** Students should bring a device which can access materials on a flash drive and some way to take notes (laptop, braille notetaker, pen& paper, etc.

**What do I need to do to attend?** To reserve your spot please complete the registration form at the following link by May 21, 2025.

<https://forms.gle/FsejuqPaUNAC4Rif6>

If you have questions, please contact the program coordinator, Jenny Carmack at 314-239-9776 or [jcarmack@nfbmo.org](mailto:jcarmack@nfbmo.org)