

The Mariposa Project



Fashion and Wellness Comes to Vernon Library

When we think of fashion, the latest trends and eye-catching styles come to mind. But the world of fashion is so much more and impacts our lives in many unexpected ways. Fashion is wearable art that reflects who we are and can even reveal how we are feeling. The Mariposa Project, created by Integrative Health Specialist Dr. Desmonette Hazly, recognizes the connection between self-care and what we wear with our physical and mental well-being. “If you can help someone take care of themselves and provide healthy and accessible options to enhance their appearance, you raise self-esteem and therefore improve overall health and quality of life”, states Dr. Hazly, who is also President Emeritus of the Friends of the Vernon Library.

The Mariposa Project provides the safe space to discuss challenges of self-care and appearance maintenance when there are life challenges such as health, socio-economic status and limited access to self-care products and services, and apparel. The program offers self-care education and appearance maintenance tools by covering topics that are pertinent to hygiene, personal grooming and attire selection for those who in need of support and guidance. The Mariposa Project provides the program to community agencies such as Wellnest, South Central Family Health Clinic, and Alma Family Services.

Roseanna Garcia, the founder and director of [Latina Fashionista](#) and Education Content Manager at the [Fashion Institute of Design and Merchandising](#), is a collaborating partner for the program and provides extensive information not only about what apparel will make us look our best, but also encourages exploration of careers in the fashion industry for groups that are under-represented in fashion design.

Vernon Library will be hosting a Mariposa Project Series in July for teens. If you are between the ages of 12-19, please join us for three weeks of fashion fun:

Fashion, Self-Care and Confidence

Tuesday, July 9, 2019 at 2:00 p.m.

Participants will be introduced to how to manage basic self-care needs and will learn how to make self-care products.

Looking Your Best

Tuesday, July 16, 2019 at 2:00 p.m.

Participants will learn how to choose clothes that flatter their specific body shape and will learn how to shop at vintage and thrift stores to create trendy and classic fashion styles.

Exploration of Careers in Fashion

Tuesday, July 23, 2019 at 2:00 p.m.

Various careers in fashion will be covered and a review of requirements and skills with a Q & A for students who are interested in pursuing employment in the fashion industry.