



## FOR IMMEDIATE RELEASE

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# Project Knitwell Awarded \$75,000 Grant Grant from Gerard B. Lambert Foundation to strengthen wellness & resilience work

**WASHINGTON, D.C.** --- Project Knitwell has received the first installment of a new grant from the **Gerard B. Lambert Foundation**, to support and expand its work helping people facing challenges by providing knitting instruction and shared community opportunities that promote wellness and resilience. The Foundation will give Project Knitwell \$75,000 over the next three years for its efforts to teach knitting as a wellness tool which provides comfort and fosters a sense of community.

“We are grateful to the Gerard B. Lambert Foundation for, once again, providing generous support to Project Knitwell,” said Carol Caparosa, Project Knitwell Founder and Board Member. “This grant will enable us to expand our efforts, including an increased need to support youth and persons requiring mental health assistance, as well as staff, such as Child Life Specialists and nurses in pediatric hospital settings. This multi-year funding helps us to make informed strategic decisions about our future.”

“It is a sincere pleasure to continue our partnership with Project Knitwell,” said Thomas Lloyd, President of the Gerard B. Lambert Foundation. “Their innovative work in therapeutic healing continues to benefit our shared community and aligns with our goal of promoting alternative methods of treatment for the health and well-being of those individuals and families in need.”

With the grant, Project Knitwell will be able to **expand its programs** and activities, including:

- Reinstating Project Knitwell at **Children’s National Medical Center** (CNMC) and partnering with two additional sites in need of services in the metro DC area. Project Knitwell has received an increase in requests from organizations that help those with mental health challenges, including youth suicide prevention.
- Extending opportunities to provide **virtual instruction and knitting kits** to children and caregivers in medical facilities to other children’s hospitals outside of the metro DC area via the Knitwell in the Cloud program.
- Developing training programs to train and teach knitting to Child Life Specialists and other medical caregivers in **pediatric hospital units** for their own well-being, while also encouraging them to refer patients and family members for Project Knitwell services.
- Continuing to strengthen our **volunteer management system** in the areas of recruitment, training, and recognition.
- Continuing to contribute to **research on knitting and wellness**. Compassion fatigue is an ongoing serious issue for both healthcare workers and teachers.
- Identifying and developing ways in which Project Knitwell can **share its model** with others across the world. Project Knitwell receives multiple requests from individuals and organizations asking how they can replicate its services.

Previously, Gerard B. Lambert Foundation gave a \$45,000 grant to Project Knitwell in 2019 over a three-year period.

### About Project Knitwell

Founded in 2010, [Project Knitwell](#) is a 501(c)(3) nonprofit organization helping people facing challenges by providing knitting instruction and shared community opportunities that promote wellness and resilience. All of Project Knitwell’s programming is provided by volunteers. With minimal paid staff and nearly 50 volunteers, Project Knitwell has proudly served more than 6,000 participants in its first decade.

### About Gerard B. Lambert Foundation

The Gerard B. Lambert Foundation serves to honor the legacy of Rachel Lambert “Bunny” Mellon and was named after her father.