

“We want to show women that they can make many things with their Hands. Here, we motivate them through the art of sewing.”



SOCIAL INVESTMENT PROFILE:  
Taller de Costura, Centro Comunitario Guadalupano



Organization	Guadalupe Community Center Sewing Workshop
Name	Lorenia Zamora Domínguez
Position	Teacher at the Sewing Workshop

What is the purpose of the Sewing Workshop?

The Sewing Workshop’s mission is to provide women an additional form of income that allows them to work from home. Equipped with a few sewing machines, the women who attend the Sewing Workshop sit in Lorenia’s home making a variety of items such as face masks, blankets, clothing, and more. Currently, about 13 to 15 women of all ages help out in the workshop.

When Lorenia is asked about the workshop, she says, “We didn’t want them to have to choose between their home lives and work. Some have children with special needs so they already work from home and now they can maintain that, as well as supplement their incomes.”

Lorenia then adds, “Additionally, for women who have depression it’s helped a lot because they’ve noticed that they are valued and that they can make things. This has helped a lot with their motivations.”

What is your history with the Sewing Workshop?

Lorenia mentions how Alma, Executive Director of FESAC, pushed her to get involved with teaching. She had been a student at the Sewing Workshop for about 4 or 5 years when her original teacher could no longer give classes. Lorenia was recommended to become the new teacher since she had learned a lot about sewing in the years she’d been attending.

“At first, I didn’t want to because I wasn’t a teacher. I wasn’t used to talking in public nor teaching. In about a month, I started teaching courses,” Lorenia says.

What do you love most about working with the Sewing Center?

Lorenia has been at the sewing center many years prior to teaching and had many wonderful things to say about the experience. "I like providing a good work environment without problems, fights, or gossip. I just really love to teach and help the women who come here." She said.

What's an average day like at the Sewing Center?

"The women arrive. We greet each other. And they sit down. They take out the sewing machines and I begin to teach the class. I give them a ten minute break usually. Also, I make sure to tell them to put their phones away. We're here to learn and here to help. That's a normal day. When we're done, we clean the workspace and arrange the tables and chairs and we sweep. Everyone goes home happy."

The Sewing Workshop group usually meets on Thursdays and functions on two schedules. One from 12-3 PM and another from 3-6 PM. Due to lack of access to the community center, though, Lorenia mentioned that they now meet at her house and set up in her living room.

What projects have you worked on?

"We've worked with Dejuven and ARSOBO. We've also worked with children that have special needs. I don't remember the name of the program, but we made sashes for the kids doing culinary work. We also made cooking aprons with them."

"With Dejuven, we helped make clothes for pets. We've also worked with George Papanicolaou IAP to make hats for cancer patients that have lost their hair. We've done a lot as a group."

Many of the Sewing Workshop's project are local and give back to the Nogales community, especially in times of need. One recent project was creating hundreds of face masks by the order of a local maquilladora. Another included making neoprene sashes with ARSOBO to help people with disabilities use their prosthetics. It's all in the spirit of social investment.

What's your favorite sewing project?

Lorenia reemphasizes one of the group's projects with Dejuven. "My favorite was when we made clothes for dogs in a shelter. Some women, despite the fact that they didn't like pets, put in lots of effort to make items too. Then, the dog shelter brought over six puppies for us to spend time with. In return, we all brought 2 kilos of food, clorox, and soap. Some of us donated little blankets because it got very, very cold those nights. And then they put on the clothes we made for the puppies. It was a great giveaway. It was my favorite."

What projects would you like pursue?

"Well, we'd love to have our own place someday. Because it's been difficult. There have been occasions where we didn't have the key and had to wait an hour for them to lend it to us. We want our own tables and chairs. But that's for the future. That way, we could help more people. The workshop is so small. Ten people fit, but very tightly. We need something bigger and preferably not rented because its too high a cost. Preferably a donation."

"Also, some of the women here want to get together to make a project. They want to make shirts and pants for people who are overweight because it's very hard to find clothes for plus-sized women in Mexico. About 4-5 of them want to link up. We would just need more industrial machines to do so."

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