

STITCHING TOGETHER A STORY



WORKSHOP AND CLASSROOM GUIDE



Re:Work is a weekly radio show that brings you real stories that rethink work. It airs every Friday from 6:30 – 7pm on KPFK 90.7FM and KPFK.org. The only storytelling show in the country focused on work, Re:Work trains community producers and students in multimedia story production. The project includes curriculum and education tools that use stories to learn about work.

<http://reworkradio.org>
rework@irle.ucla.edu

Los Callejones: Garment Worker Stories from Los Angeles is a thirty-minute audio documentary that aired on KPFK 90.7 in Los Angeles produced by UCLA Labor Center's radio show, Re:Work, in partnership with the Garment Worker Center. The episode focused on the rich and untold garment worker stories from Los Angeles's garment industry. This collaboration's goal is to bring visibility to the hidden history of the Garment District and aims to challenge preconceptions about the people and importance of the garment industry. By sharing these stories, we hope that audiences will see themselves as a part of a collective network of workers and consumers.

Acknowledgments

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TABLE OF CONTENTS

How to Use this Guide	2
Overview of Modules	2
Workshop Types	3
Legend.....	4
Resources and Suggested Readings.....	4
Introduction.....	6
Module 1: No Shame/Sin Verguenza (Icebreaker).....	7
Module 2: Los Callejones (Short) - Listen and Discuss	9
Module 3: Los Callejones (Long) - Listen and Discuss	11
Module 4: Elements of a Story	13
Module 5: Tell Your Story	16
Handouts	19

HOW TO USE THIS GUIDE

This guide is a companion to Re:Work radio's episode *Los Callejones*, which explores the streets of Los Angeles's garment district and tells the stories of two garment workers. The purpose of this guide is provide a framework for workshops and classrooms to build storytelling skills while learning about the issues related to the garment industry. We hope these activities will spark conversations about garment industry workplace issues and inspire people to use storytelling as a tool to change and/or reclaim narratives.

We have designed activity modules to use in a variety of workshop settings. Select from the module combinations below to customize your workshop to your goals and allotted time.

OVERVIEW OF MODULES

Module 1 - No Shame / Sin Verguenza Icebreaker (15 minutes)

Introductory storytelling exercise to get to know each other and reflect on the huge role that clothes play in our lives.

Module 2 - Los Callejones (short)- short clip + discussion (30 minutes)

Listen to a 7 minute episode clip, discuss major themes from the story, and how to move from being desensitized to resensitized about garment worker stories.

Module 3 - Los Callejones (long) - full episode episode + discussion (50 minutes)

Listen to the full 30 minute episode, discuss major themes from the story, and how to move from being desensitized to resensitized about garment worker stories.

Module 4 - Elements of Storytelling (10 minutes)

Discussion activity to break down the elements of storytelling.

Module 5 - Share your story (30 minutes)

Get hands-on experience exploring the show's themes by creating your own audio story.

WORKSHOP TYPES

30 minutes - Listen + Discuss

Module 2

If you just have a short timeframe, listen to a 7 minute episode clip, discuss major themes from the story, and how to move from being desensitized to resensitized about garment worker stories.

50 minutes - Listening Party (full episode) + Discuss

Module 3

This activity could be the setup for a “listening party,” where participants come together to hear the episode and react. Listen to the full 30 minute episode, discuss major themes from the story, and how to move from being desensitized to resensitized about garment worker stories.

60 minutes - Icebreaker, Storytelling Elements, Listen & Discuss

Modules 1, 4, 2

This hour workshop allows participants to get to know each other and explore the elements of storytelling by doing an icebreaker, reviewing storytelling elements, and discussing a 7-minute clip of the show.

1 hour 30 minutes - Icebreaker, Storytelling elements, 7 minute clip, Share your story

Modules 1,2,4,5

This workshop allows participants to get to know each other, discuss a 7-minute clip of the show, and get hands-on experience exploring the show’s themes by creating their own audio stories.

1 hour 50 minutes - Icebreaker, Storytelling elements, full episode, Share your story

Modules 1,3,4,5

This workshop allows participants to get to know each other, discuss the full episode of the show, and get hands-on experience exploring the show’s themes by creating their own audio stories.

LEGEND

Look for these icons throughout the guide to understand activity goals, facilitation instructions, and materials.

AGENDA 	GOALS 	MATERIALS 	CHART 
AUDIO CLIP 	DISCUSS 	INSTRUCTION 	FACILITATOR SAY 

SUGGESTED READINGS

For context on Los Angeles's garment industry, we suggest the following articles and chapters:

Archer, Nicole, et al. 2010. "The Garment Worker Center and the "Forever 21" Campaign"" *Working for Justice: The L.A. Model of Organizing and Advocacy*. Cornell University Press.

Asian American Legal Center of Southern California. 2005. "Reinforcing the Seams: Guaranteeing the Promise of California's Landmark Anti-Sweatshop Law an Evaluation of Assembly Bill 633 Six Years Later."

Bonacich, Edna and Richard P. Applebaum. 2000. *Behind the Label: Inequality in the Los Angeles Apparel Industry*. Los Angeles and Berkeley: UC California Press.

Garcia, Natalia, et al. 2015. "Hanging by a Thread! Los Angeles Garment Workers' Struggle to Access Quality Care for their Children." UCLA labor Center.

Hsu, Tiffany and Chris Kirkham. 2014. "Southern California is a hotbed for wage theft in garment industry." *Los Angeles Times*. 15 Nov. 2014.

Light, Ivan, Richard B. Bernard and Rebecca Kim. 1999. "Immigrant Integration in the Garment Industry in Los Angeles". *International Migration Review*. Vol. 33, No. 1, p. 5-25.

Milkman, Ruth, et al. 2010. *Wage Theft and Workplace Violations in Los Angeles: The Failure of Employment and Labor Law for Low Wage Workers*. UCLA Institute for Research and Labor Education.

Sweatshop Watch and Garment Worker Center. 2004. "Crisis or Opportunity? The Future of Los Angeles' Garment Workers, the Apparel Industry and the Local Economy."

Ross, Andrew (ed). 1997. *No Sweat: Fashion, Free Trade, and the Rights of Garment Workers*. New York: Verso Press.

RESOURCES

National and international organizations

Garment Worker Center

Workers rights organization whose mission is to organize low-wage garment workers in Los Angeles in the fight for social and economic justice. <http://garmentworkercenter.org/>

United Students Against Sweatshops

National student labor organization fighting for workers' rights with local chapters on over 150 campuses <http://usas.org/>

Workers Rights Consortium

Independent labor right monitoring organization, conducting investigations of working conditions in factories around the globe. <http://www.workersrights.org/>

Sweatfree Communities

Campaign to assist sweatshop workers globally in their struggle to improve working conditions and form strong, independent unions. <http://www.sweatfree.org/>

Clean Clothes Campaign

Works to improve working conditions in the global garment industry <http://www.cleanclothes.org/>

International Labor Rights Forum

Human rights organization that advocates for workers globally <http://www.laborrights.org/>

Adidas Workers United

Unites the workers within the supply chain of the German sportswear brand Adidas to win living wages, safe factories and stable jobs <http://www.union-league.org/adidas>

Sweat-free clothing and products

SweatFree Shopping Guide -- <http://www.sweatfree.org/shoppingguid>

U.S. Union-made apparel -- <http://www.nosweatapparel.com/>

INTRODUCTION

Time: 5 min

Facilitated by: _____



Goal:

Provide background information about the workshop. Review agenda, goals and objectives.



Agenda:

1. Introduce facilitators and background on show
2. Review agenda



Materials:

Chart paper & Markers



Chart:

Agenda & Goals
Contact info: www.reworkradio.org
Vojo phone number (323) 374-3108
Link to stories: bit.ly/garmentstories



Say:

Today we will be taking an audio tour through Los Angeles's garment district and getting to know a little more about the people who make our clothes.

This workshop is based on *Los Callejones*, a thirty-minute episode of the radio show *Re:Work*. *Los Callejones* means "the alleyways" in Spanish and the episode explores the streets of Los Angeles's garment district and tells the stories of two garment workers.

Re:Work is a weekly radio show that brings you real stories that rethink work. It is currently the only storytelling show in the country focused on work and airs every Friday from 6:30 – 7pm on KPFK 90.7FM and KPFK.org.

We will be listening to excerpts from the show in this workshop (and exploring some themes about audio storytelling).

MODULE 1: NO SHAME/SIN VERGÜENZA (ICEBREAKER)

Time: 15 min

Facilitated by: _____



Goal:

Get to know each other through storytelling and reflect on the huge role that clothes play in our lives. Each participant will have an opportunity to share an embarrassing moment and to part with it-- to let it go without shame.



Agenda:

1. Introduce exercise
2. Everyone share a story
3. Discuss



Materials:

none



Instruction:

Break up people into groups of 8-10 and ask them to stand in a circle. Each person shares a short 1-minute embarrassing story related to their clothing. The speaker tells the story and drops it into an imaginary bag and passes the bag to the next person. At the end, the group should all take the imaginary bag and throw it out. Facilitator should model a story before breaking out into the group. When done, pantomime lifting a huge, heavy bag, grunting and straining to pick it up as you pass it.



Say:

Think of one embarrassing story related to clothes. Each story should be 1 minute and involve clothing somewhere in it. One brave volunteer will start to tell their (very brief) story. When you are finished, take your story and throw it into this (imaginary) bag and then pass the bag to the next person. You may find that as you pass the bag around, it gets heavier and heavier. *Pantomime bag getting heavier as you pass it.*

To model, I will share my own story.

See example below for type of story. When done, pantomime lifting a huge, heavy bag and giving it to a participant.

Saba's example: In middle school, I had this outfit I really liked. When I got it, I liked it so much that I wore it every day. I didn't know that you were supposed to change your clothes everyday. I thought that as long as it didn't stink, it was fine. On the third day, one of the cool kids turned to talk to me, and for me, that was exciting. She started talking about my outfit and I thought she was going to compliment me. But no-- instead, she said, "Stop wearing the same outfit everyday!"



Discuss:

Once everyone has shared their story, come back into the big group.

What kind of stories did you hear?

What does it tell you about our relationship to clothes?



Say:

Everyone has stories. And, everyone has stories about clothing. These stories can be intimate. We hardly think about it on a day to day basis, but clothes are a big part of who we are how we express our identity. They can also be a marker of race, class, gender expression, culture and more.

MODULE 2: LOS CALLEJONES (SHORT) - LISTEN AND DISCUSS

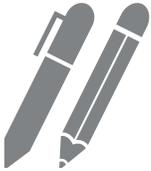
Time: 20 min

Facilitated by: _____



Goal:

Learn about Los Angeles's garment district through the stories of people who work there



Materials:

Audio clip

A/V Equipment, good speakers

Chart paper & Markers (Optional)

Paper to draw on

Things for drawing - crayons, markers, colored pencils, etc.



Agenda:

1. Framing discussion
2. Listen to clip of show
3. Discussion & Takeaways

1. FRAMING DISCUSSION



Say:

When I say garment workers, what kinds of images pop into your head? (i.e. Sweatshops, garment factories, Rana Plaza, Nike)

We are familiar with many of the basic conditions that garment workers face. Many of us know on just a basic level that working conditions are hard in the garment industry. So how have we become desensitized? What are factors in our media or culture have made us immune to the conditions that our clothes are made in?

2. LISTEN TO CLIP OF SHOW



Air Clip:

This clip explores the story of a garment workers and the challenges of working in the industry. The story also includes some background about the garment industry in Los Angeles. 7 minute excerpt from *Los Callejones*. Find the excerpt at www.soundcloud.com/uclalabor

Instructions:

Pass out drawing materials (paper, markers, crayons, etc.) to all participants. Ask participants to draw while they are listening.

Say:

I've passed out drawing materials. While you're listening to the clip, draw whatever comes to you. It can be images you're hearing, things you're feeling, it can be abstract, anything that comes to you while you're listening to the episode.

3. DISCUSSION & TAKEAWAYS



Discuss:

- Ask for a few participants to share their drawing.
- What are some themes we're seeing in the drawings?
- What are some of the impactful images or ideas?
- What surprised you about this story?
- What stuck out to you?
- What do you take away from this story?

Takeaways:

About the garment industry in the United States

Los Angeles is the center of the garment industry in the US, with 45,000 garment workers. It thrives because of a trend of "fast fashion," where brands want to quickly get runway styles into stores and at a low cost.

We often blame consumers for not shopping in the right places, but in reality it's the brands that set the prices and incur incredible profits at the expense of workers. They set the prices so low that contractors bid low which in turn impacts workers. Los Angeles's garment industry relies heavily on subcontracting, which allows companies to skirt regulations.

Other major themes

Wage theft and workplace violations

Family/working family

Migration/Immigrant workforce

Tension between ethnic groups



Discuss:

If we want the industry to be a better place for workers, what can we do? How can we re-sensitize others to this issue and make them stand up for garment workers?



Say:

A lot of times, we think about our purchasing power as the way to make change. It's true, we have personal choice and can find ethical places to buy clothing. But if we want the industry to change, then how can we demand that? Brands are the ones setting the prices that lead to the working conditions, even though there is room in their books to pay people fairly. Brands are invested in the narrative that consumers are at fault so they can continue to reap the profits. Instead, what if consumers allied with workers against exploitative brands?

MODULE 3: LOS CALLEJONES (LONG) - LISTEN AND DISCUSS

Time: 20 min

Facilitated by: _____



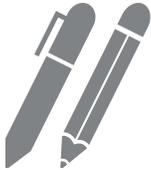
Goal:

Learn about Los Angeles's garment district through the stories of people who work there



Agenda:

1. Framing discussion
2. Listen to clip of show
3. Discussion & Takeaways



Materials:

Audio clip

A/V Equipment, good speakers

Chart paper & Markers (Optional)

Paper to draw on

Things for drawing - crayons, markers, colored pencils, etc.

1. FRAMING DISCUSSION



Say:

We are familiar with many of the basic conditions that garment workers face. Many of us know on just a basic level that working conditions are hard in the garment industry. So how have we become desensitized? What are factors in our media or culture that have made us immune to the conditions that our clothes are made in?

When I say garment workers, what kinds of images pop into your head? (i.e. Sweatshops, garment factories, Rana Plaza, Nike)

2. LISTEN TO CLIP OF SHOW



Air Clip:

Who are the people who make the clothes we wear every day? The episode takes journey through "los callejones," Los Angeles's garment district. It includes interviews with shoppers, retailers, and two garment workers. Irma has worked in the district for many decades and shares what it's been like to work and organize in the industry. Eulalia shares what happens when she isn't paid for her wages - and is sent to jail when she initially complains to her boss.

Full episode 28 minute from *Los Callejones*. Find the episode online at <https://soundcloud.com/uclalabor/rework-episode-14-los-callejones>

3. DISCUSSION & TAKEAWAYS



Discuss:

- Ask for a few participants to share their drawing.
- What surprised you about this story?
- What are some themes we're seeing in the drawings?
- What stuck out to you?
- What are some of the impactful images or ideas?
- What do you take away from this story?

Takeaways:

About the garment industry in the United States

Los Angeles is the center of the garment industry in the US, with 45,000 garment workers. It thrives because of a trend of "fast fashion," where brands want to quickly get runway styles into stores and at a low cost.

We often blame consumers for not shopping in the right places, but in reality it's the brands that set the prices and incur incredible profits at the expense of workers. They set the prices so low that contractors bid low which in turn impacts workers. Los Angeles's garment industry relies heavily on subcontracting, which allows companies to skirt regulations.

Other major themes

- | | |
|-------------------------------------|-------------------------------|
| Wage theft and workplace violations | Family/working family |
| Migration/Immigrant workforce | Tension between ethnic groups |



Discuss:

If we want the industry to be a better place for workers, what can we do? How can we re-sensitize others to this issue and make them stand up for garment workers?



Say:

A lot of times, we think about our purchasing power as the way to make change. It's true, we have personal choice and can find ethical places to buy clothing. But if we want the industry to change, then how can we demand that? Brands are the ones setting the prices that lead to the working conditions, even though there is room in their books to pay people fairly. Brands are invested in the narrative that consumers are at fault so they can continue to reap the profits. Instead, what if consumers allied with workers against exploitative brands?

MODULE 4: ELEMENTS OF A STORY

Time: 10 min

Facilitated by: _____



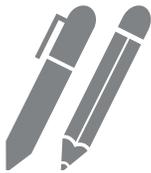
Goal:

Learn building blocks of storytelling.



Agenda:

1. Discuss engaging stories
2. Brainstorm storytelling elements
3. Present storytelling elements



Materials:

Chart paper & Markers

Weblink to prezi with storytelling elements:
<http://bit.ly/reworkstorytelling>

Handout (See p.19)

Projector, laptop with internet connection



Chart:

Write various storytelling elements up on butcher paper as people identify them. Examples below.

1. DISCUSS ENGAGING STORIES



Discuss:

Think of a story that engages you-- you can use the previous activity if it included stories (eg. "No shame" icebreaker activity or listening session)

What makes a story engaging?

2. BRAINSTORM STORYTELLING ELEMENTS



Discuss:

What are components of a story?
When you hear a story, what does it usually include?



Write various storytelling elements up on butcher paper as people identify them. Examples below.

3. PRESENT STORYTELLING ELEMENTS



Instruction:

Use the weblink to go through general components of the story. Some of these may already have been brought up so you can highlight a few that they may not have brought up.

At the end of the discussion, distribute handout (See p. 20.)

Storytelling Elements

Weblink: <http://bit.ly/reworkstorytelling>

Set the Story

Context / Background	Characters (heroes, nemeses, frenemies, sidekicks, wronged/wrongdoers)
Setting	Relations

Set the Plot

Sequence of events	Conflict
Foreshadowing	Resolution
Beginning, middle, end (start anywhere, but have all three)	Moral of the Story

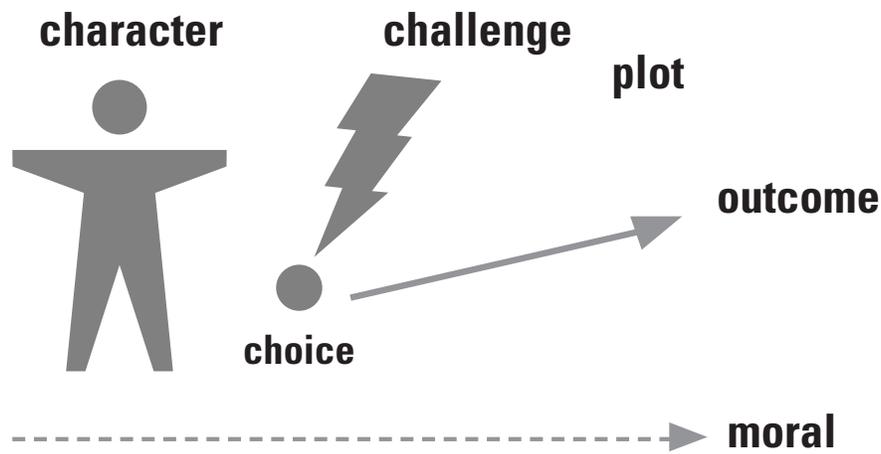
Make it Interesting

Tension	Pacing	Emotions
Drama	Flow	Humor
Mystery	Themes	Relatability



Say:

When you put all the elements together, step back to see the bigger picture. Does your story have characters? Is there a plot that is moving the events along? Does the main character face a choice, a challenge? How does your story get resolved? What's the outcome? Finally, what's the moral? In other words, why was I listening to the story? What's my take away?



Say:

We just went through some of the core elements of a story. We know many of these from reading, telling stories, watching movies. Stories are a powerful tool to express ideas, highlight issues, and connect people to a topic on a human level. Certain stories stay with you over time. We remember stories that are inspiring, that bring warm memories, that have an important life lesson, and where characters undergo great transformation.

MODULE 5: TELL YOUR STORY

Time: 10 min

Facilitated by: _____



Goal:

Get hands-on experience exploring the show's themes by creating your own audio story



Agenda:

1. Brainstorm story
2. Review technical stuff
3. Record
4. Discussion/reflections



Materials:

Paper and pens/pencils
Phones to call Vojo and record story
Print out flyer with instruction (p. 20)
Optional Print out additional flyers with call-in info (p. 21)
A/V Equipment, good speakers
Projector and laptop with internet connection
Optional - handout with resources (p. 5)



Instruction:

Participants will create personal stories. Depending on the activities you have done so far, participants can modify the story they told in the icebreaker or think of any story they have that answers the prompt.



Chart

Vojo phone number (323) 374-3108
Text message: e14@vojo.com
Link to stories: bit.ly/garmentstories

1. BRAINSTORM STORY



Say:

We are now going to amplify the stories you've heard in the radio show with stories of our own. Our stories will answer the question - why should we care about who makes our clothes?

The story you record can be about you or someone you know. If you or anyone you know is a garment worker, you can tell this story. If you don't know garment workers personally, you can use any other personal story that would apply.

As you form your own story, reflect on this: What brands of clothing do you buy? What message do you have for these brands?

Let's develop our own story. Close your eyes and think about the story you told or another one you would like to share related to clothing.

*Think about your senses. What do you see? What do you hear? What do you smell?
Think about dialogue
Think about characters, all story elements we talked about*

Jot down: What are a few key elements you would want to include in your story? Is it plot driven, character driven? Does it have a beginning, middle and end or start in the middle of a conflict? Take a few minutes to jot down a few ideas.



Instruction:

Hand out flyer with the call-in number.

2. REVIEW TECHNICAL STUFF



Say:

Vojo is platform that makes it easy for people to post stories from inexpensive mobile phones via voice calls, SMS, and MMS. It also makes it easy to set up and customize a group where people can post content from their phones. Vojo is a hosted version of the VozMob Drupal Distribution, which has been developed by the VozMob (Mobile Voices / Voces Moviles) project through an ongoing collaborative design process with day laborers, household workers, students, and a diverse team from the Institute of Popular Education of Southern California (IDEPSCA).

To record your story, all you have to do is call the number on the flyer (323) 374-3108 and it will automatically upload to bit.ly/garmentstories. You can also send a picture text message to e14@vojo.co.



Discuss:

Any tips on how to record?

RECORDING TIPS

1. Break up into pairs to record your story. Find somewhere quiet.
2. Get super close to your interviewee! Place the mike below the interviewee's chin. Pointing the mic up toward their head will give their voice a more nasal sound. Pointing the mic downward toward their chest will produce a deeper sound. Adjust as needed.
3. Careful of saying "mm hmms" and "uh huhs" -- the recorder will pick these up.
4. Be aware of background noise (bracelets, air conditioning humming, keys, etc.)
5. Story format: You can have one person telling their story from beginning to end. Or, if you'd like your story to be more conversational, your partner can ask you questions throughout your story.
6. Keep your story to under 3 minutes long.

3. RECORD

Allow participants time to break into pairs to record their stories. When people have finished recording their stories, ask them to come back to the big group to reflect.

4. DISCUSSION/REFLECTIONS



Discuss:

How was the experience?

Would anyone like to volunteer to share their story? Listen to 2-3 stories.

What stuck with you / resonated for you? How were the stories constructed?



Say:

The phone line and website will continue to be open after this workshop. Please pass this along and ask others to share their stories!

To get more involved with the Garment Worker Center and other organizations working on garment worker issues, please consult the list of resources in this guide. Hand out flyers and resource sheets.

Print one of the following handouts for your workshop. The first handout is a companion to Module 5 and includes tips on recording and storytelling. The second handout includes just basic call-in information and can go with other workshops.

HANDOUT

Why do you care about who makes your clothes?

Share your story at (323) 374-3108

Or, send a picture text message to e14@vojo.co

Listen to stories at bit.ly/garmentstories

Storytelling Elements

Set the Story: Context / Background, Setting, Characters, Relations

Set the Plot: Sequence of events, Foreshadowing, Order, Conflict, Resolution, Moral, Pacing

Make it Interesting: Tension, Drama, Mystery, Pacing, Flow, Themes, Emotions, Humor, Relatability

Recording Tips

Find somewhere quiet

Get super close to your interviewee and watch your mic placement

Careful of “mm hmms” and “uh huhs”

Be aware of background noise (bracelets, air conditioning humming, keys, etc.)

From the UCLA Labor Center and KPFK, we bring you Re:Work. Real stories that rethink work. Every Friday at 6:30 PM on KPFK 90.7 FM. www.reworkradio.org

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