

ENCOURAGEMENT CARDS

for our female guests in Nueva Vida Haven
Emergency Shelter for Women & Children

Thank you for taking the time to write an encouraging note to a woman currently staying with us at the Mission! While we do not always know what brought them here, we do know that they can all benefit from your compassionate words of encouragement.

You never know what your words might do to carry our guests through another day with hope and promise!

Some helpful tips as you write:

- Cards that have worked will with us have included an inspiring greeting such as, “Dear Friend,” or “To a Phenomenal Woman,” etc.
- Include a short message of some encouragement, like, “Life is tough, sister, but so are you. Sending you love, light, and strength.” “You matter. You are safe. You are loved. Wishing you a good night’s sleep.”
- Utilize an inspiring quote, Eleanor Roosevelt, Maya Angelou, etc.
- Cards can be a few words, or a few sentences.
- Consider including an encouraging Bible verse or prayer
- Let them know they matter and you are thinking of them
- You’re welcome to get your kids involved, but if they are young, please include a note that says (for example), “written by a 7-year old”

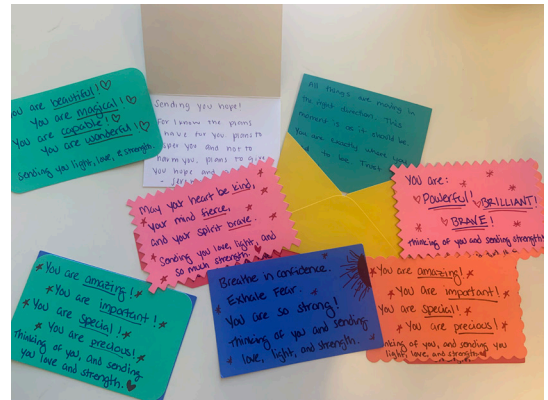
A few things to avoid:

- Do not include your own information including a return address or contact information
- Do not ask questions
- Do not talk about their perceived trauma or hardship by name (homelessness, addiction, etc.)

Please mail or deliver your cards to:

Debbie Krakauer, Volunteer Coordinator
San Diego Rescue Mission
120 Elm Street, San Diego, CA 92101

dkrakauer@sdrescue.org



*Thank you for your kindness.
May the Lord bless his
people with peace.*