

ENCOURAGEMENT CARDS

Thank you for taking the time to write an encouraging note to our guests currently staying at one of our Navigation Centers! 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 the positive impact your words might have in guiding our guests through another day, instilling them with hope and promise.

SOME HELPFUL TIPS AS YOU WRITE

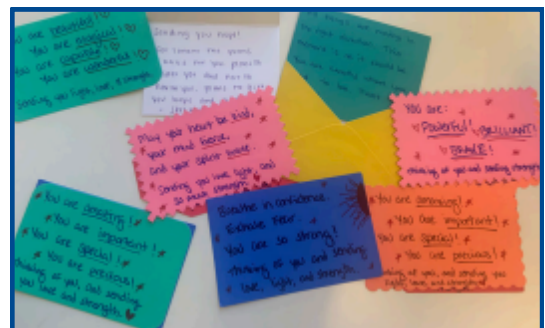
- Cards that have worked well with us have included an inspiring greeting such as, “Dear Friend,” or “To a Phenomenal Person,” etc.
- Include a short message of some encouragement, like, “Life is tough, but so are you. Sending you love, light, and strength.” “You matter. You are safe. You are loved. 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 ask questions
- Do not include your own information, like a return address or ways to contact you
- Do not mention their perceived trauma or hardship (homelessness, addiction, etc.)

PLEASE MAIL OR DELIVER YOUR CARDS TO:

Volunteer Department
San Diego Rescue Mission
120 Elm Street, San Diego, CA 92101



volunteers@sdrescue.org

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