**Small Notes of Encouragement-**

**The Power of Spreading Hope**

We thank you for your desire to encourage a survivor who is participating in our programs. Most of them have never had words of affirmation from adults in their lives. Your kind words go a very long way. We have received phone calls from survivors who have completed our programs. They remarked that they treasure all the cards that we have given them. The time you take for them is much appreciated.

We provide cards for a two-fold purpose: 1. To raise awareness of complex trauma and 2. To provide a means of practical & tangible encouragement for survivors. Here are some guidelines to help you with writing your notes:

**Please Do……**

1. Make your note as personal as possible. Write to him/her as if s/he is your own daughter/son/neighbor or a good friend and express the things that you think they need to hear. It doesn’t have to be long, but it needs to be substantial enough to be encouraging. Here are some examples: you are special, are important, have much to offer the world, have a bright future ahead of you, etc.
2. Let them know that you are praying for them.
3. Thank them for reaching out to R1:99 for help.
4. Remember that not all our survivors know Jesus personally, may be of non-Christian faiths, or no faith at all.Therefore, what we say to them can draw them to the Lord or push them further away.We want to fully represent Jesus through these cards. We want them to be filled with truth, and love. So please, nothing generic or “Christianese.” Use scripture sparingly—one short verse goes a long way.
5. It is perfectly fine not to use scripture at all, as some are completely turned off by it. We believe that because you are a believer, the note you write is coming from the Lord Himself.

**Please Do Not….**

1. Mention the word *sin or forgiveness* at all as it can make them feel condemned.
2. Use any sharp objects to decorate your card as it could be used to harm themselves or someone else.
3. Envelopes are not necessary as we look over the notes to make sure that they are appropriate for the person receiving it.

The cards we have received have just been lovely with much thought, care and prayer going into each one. Thank you for being a part of the solution! We are blessed to have you on our team.