

VOLUNTEER DESCRIPTION

Volunteer Title: Affirmation Cards

Location: Offsite

PURPOSE:

Affirmation cards are small notes with kind and hopeful words. These cards remind people that they are important, valued, and loved. Many people we serve are going through hard times. A simple message can make a big difference in their day. Make a card- or make a hundred- for us to give out at our Men's Campus.

Once you've made the cards please send them to our administrative office at **376 Western Ave. N., Saint Paul, MN 55103.**



WHAT'S MAKES AN AFFIRMATION CARD?

Simple messages and pictures are great. Some examples of messages are:

- You are important.
- You are not alone.
- You are strong.
- You are loved.
- Keep going.
- You matter.
- You are seen.
- You are enough.
- You are brave.
- You are not forgotten.
- Today is a new day.
- You can do this.
- Keep trying.
- You have value.
- You are special.
- You are cared for.
- You are not alone today.
- Better days are coming.
- You are strong inside.
- Take it one step at a time.
- You are worthy of love.
- You bring good to this world.
- Your life has meaning.
- You are important to others.

Interested?

- Contact Volunteer Services at volunteers@ugmtc.org