Instructions for Making Holiday Cards

Do you want to spread some holiday cheer or send encouraging messages to child survivors of abuse? If so, please follow these instructions. Your generosity and kindness will bring smiles and joy this holiday season. **We are so grateful for your caring support!**

1. **Gather up some supplies:**
   You can print one of our templates or create your own card. You are welcome to use craft supplies, such as stickers, stamps, etc.

2. **Addressing your card:**
   Since we do not yet know the child’s name, please make sure you do not address the card to a specific person. If you want to address the card, here are some suggestions:
   - “Hey you”
   - “To a very special person”

3. **Card messaging:**
   Since our children are going through a traumatic situation, we encourage you to write positive and uplifting messages. Use our examples or come up with your own uplifting comments.

   Here are some examples:
   - YOU are an amazing person
   - Never forget how amazing YOU are
   - YOU rock
   - I hope you have a wonderful holiday
   - YOU shine brighter than the sun
   - YOU are Special
   - YOU are one of a kind
   - YOU are amazing just the way you are
   - When it rains, look at the rainbows. When it’s dark, look at the stars
   - YOU are capable of amazing things

4. **Sign your name:**
   You can sign your first name on the card, and add your town or state. Example: “Katie from Sugarland, TX.” Please do not include any personal information, such as: phone number, address, email address, etc.

5. **Mail out or drop off cards:** Please mail your cards by or **drop them off on December 1st from 8 am to 5 pm**.
   Please mail or drop off cards to: The Children’s Assessment Center
   Attention: Lina Suarez
   2500 Bolsover St.
   Houston TX 77005

If you have any questions, please reach out to Lina Suarez at 713-986-3564 or Lina.Suarez@cac.hctx.net.
You are Kind
You are Smart
You are Special
You are Unique
You are Amazing
You are Brave
You are Strong
HAVE A WARM & FUZZY HOLIDAY SEASON!

This card comes with extra tight invisible hugs for you!
MERRY CHRISTMAS
HO! HO! HO! HO!