

Your Guide to Sending Cards of Hope

Thank you for mailing hope! Your cards will make a lasting impact on youth in foster care. Write cards by yourself or gather friends, family, or coworkers to join you in a Cards of Hope party.

Get Started

1 Choose a card.

Pick bright, colorful cards that are appropriate for ages 6 to 18.

Please remember to avoid cards that include religious messages, celebrate specific holidays or seasons (Thanksgiving, high school graduation, etc.), or depict parents, homes, or any other imagery that could be upsetting to youth who have been separated from their families.



2 Write your message.

Don't overthink it. Wish them well and let them know you are sending them encouragement or thinking of them on their birthday.

We want to encourage youth in foster care and not unintentionally remind them of the relational trauma they have experienced. Avoid messages like "Have a great day!" since they aren't surrounded by family and friends on their birthday and may be in transition to a new placement when they receive your card. Instead, refer to the example cards below for examples of encouraging messages.

Don't include personal information or write a date on your card, just sign your first name.

3 Add an envelope.

Include a blank greeting card envelope for each card you send.

Please include just your first name and city/state (or country) in the return address section of each envelope with no street address or corporate address. You do not need to include stamps.

Please do not seal your envelopes!



4 Mail your cards.

Include all the cards you're sending in one large envelope.

If you're sending various cards, please bundle them inside your package and label them as birthday, encouragement, or staff thank you. Please have your package weighed by a postal clerk to ensure it has proper postage to reach us.

Please mail cards to:

Braid Mission
Cards of Hope
629 Marin St. #4383
Vallejo CA 94590

5 Help support Cards of Hope.

Support the Cards of Hope program by covering the cost of postage and supplies. \$1 sends 10 cards!

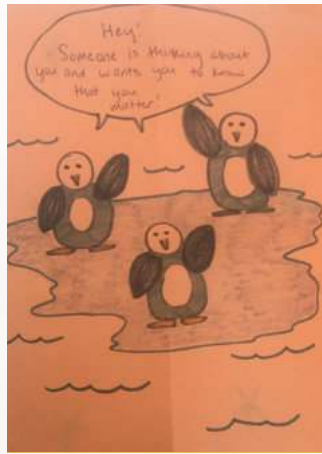
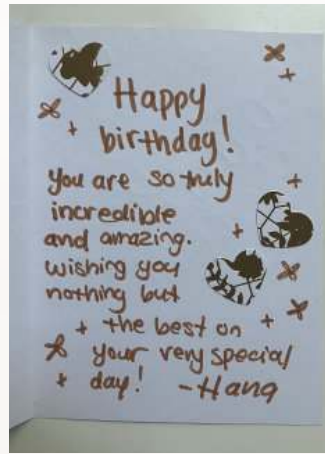
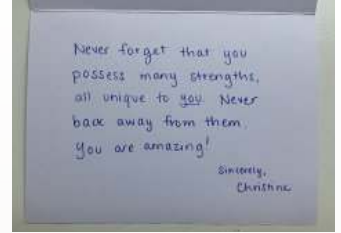
We're so thankful for the thousands of cards we receive each year! To help us keep sending cards to youth in foster care, you can contribute financially. Your generosity goes a long way in keeping this program running.

[SUPPORT CARDS OF HOPE >](#)



GET INSPIRATION

See examples of Cards of Hope.



TEAM-BASED MENTORING FOR FOSTER YOUTH

Make a lasting impact in the lives of youth in foster care.

We understand what it's like to feel burdened by the needs in your community and not know where to begin. Or wonder if you're the right person to help.

At Braid Mission, we're confident you have a role to play—and we're here to equip you to make a difference!



OUR MISSION

Everyone is capable of making a lasting difference.

We equip volunteers with the education, resources, and support they need to confidently mentor and contribute to long-term healing.

OUR APPROACH

Consistent relationship helps heal relational trauma.

Foster care inherently includes relational grief and loss, resulting in trauma for everyone involved. But research and experience show that consistent relationships help heal this type of trauma. That's why we developed a team approach to mentoring rooted in ongoing relationships.



OUR TEAM

We've trained over 700 volunteers in the Bay Area since 2014.

TAKE YOUR NEXT STEP

Everyone can play a role in healing the wounds of foster care.

You don't have to live in the San Francisco Bay Area to make a difference!
Explore opportunities to invest in youth from home.



Cover mailing costs

Help us continue mailing Cards of Hope by covering the cost of postage and supplies.

[LEARN MORE >](#)



Become a facilitator

Support a volunteer group virtually to help them confidently mentor youth.

[LEARN MORE >](#)



Sponsor a team

Contribute to our mission by sponsoring mentor teams and enabling their life-changing work.

[LEARN MORE >](#)



*"Being a facilitator is all about creating relationships. We connect with the mentors, the foster parents, and Braid—all for the benefit of our youth. It is a **rewarding and enriching experience** to support such a great organization and a wonderful mentorship program."*

E. LIBKIND
BRAID FACILITATOR



*"I love being a Team Facilitator! There is so much value in helping mentors, the youth, and the foster parents plan team outings, brainstorm ideas, and reach their full potential. As a team facilitator, **I can make a difference in the life of a foster youth, from my living room, in just an hour or two a week!**"*

J. BARBER
BRAID FACILITATOR

