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INFORMATION PACKAGE FOR GROUP VOLUNTEERING

# Sending Sunshine

Connecting residents living in Canadian care facilities  
with people around the world, one card at a time

# GET TO KNOW US

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Based in Mississauga, Sending Sunshine is a registered Canadian charity run by a team of four who seeks to bring joy to senior citizens in our community!

We are aware that senior citizens are uniquely impacted by the effects of social isolation.

We started this organization to reduce loneliness among both youth and seniors, and spread some positivity in the community.

We wanted to give students and people in the community a way to contribute and volunteer from the comfort of their own home.



**MARISSA PARKER**  
Co- Founder  
Executive Director



**SOLANGE HONDERMANN**  
Treasurer



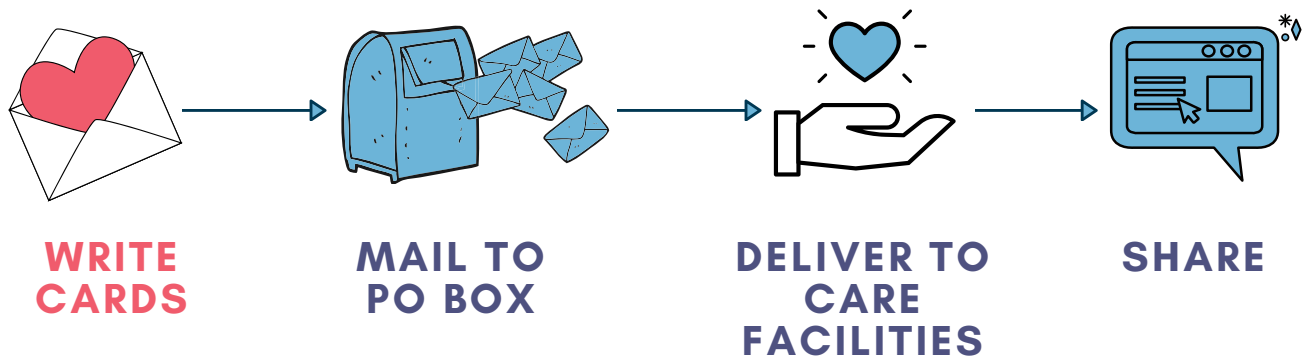
**TRACY WU**  
Co- Founder  
Program Director



**EMILY CROWE**  
Co- Founder  
Events Director

# HOW IT WORKS

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## WRITE CARDS

The first step is always the best step! Groups can participate by writing cheerful, uplifting messages to residents in long-term care facilities.

Cards can be made out of any material. It doesn't have to be fancy - it can be just a sheet of paper folded in half! We do ask that participants refrain from using loose glitter.

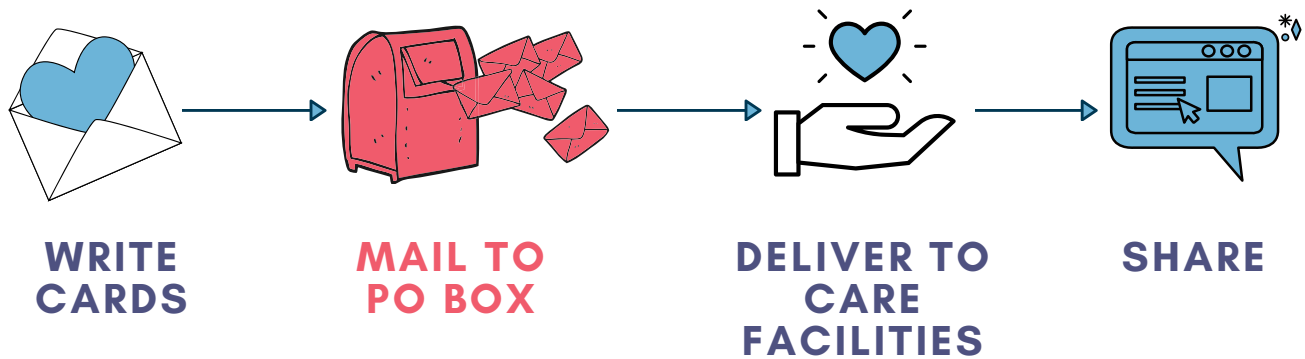
As for the content of the card, feel free to write about about your interests, hobbies, or share an inspiring quote. We are very flexible and encourage creativity.

We accept cards written in English and French as well as simple and traditional Chinese. If you would like to send cards in another language, please reach out to us by email.

The most important part is we want residents to have a card that they can display in their rooms and re-read if they wish! Cards with a positive affirmations and kind words are always appreciated.

# HOW IT WORKS

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## MAIL TO PO BOX

When you are ready to mail your cards, you can put them all in one envelope or box. We don't require each card to be in its own individual envelope.

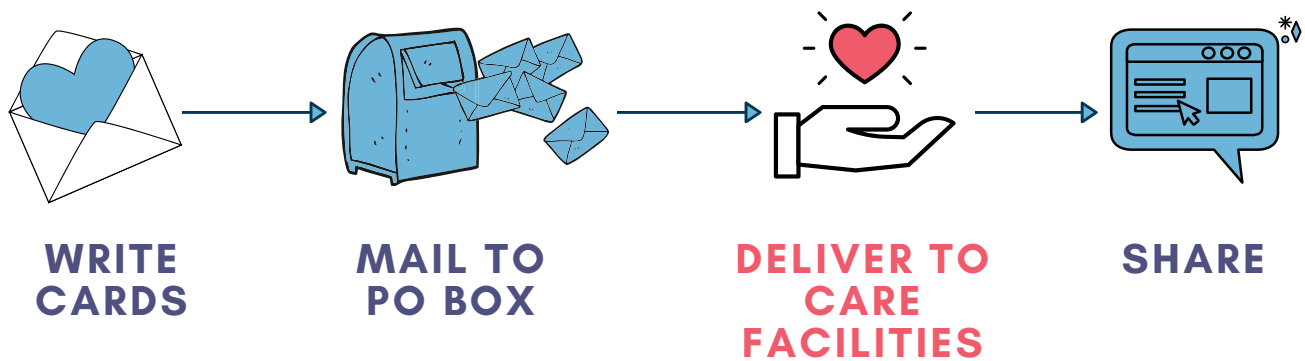
The address for our post office box is:

Sending Sunshine  
PO Box 45017 RPO Port Credit  
Mississauga, ON L5G 4S7  
Canada

All cards need to be sent through Canada Post as it is a PO box. For this reason, we are unable to accept any packages from couriers such as Purolator, UPS, or FedEx. Please email us ([info@sendingsunshine.ca](mailto:info@sendingsunshine.ca)) if this is an issue.

# HOW IT WORKS

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## DELIVER TO CARE FACILITIES

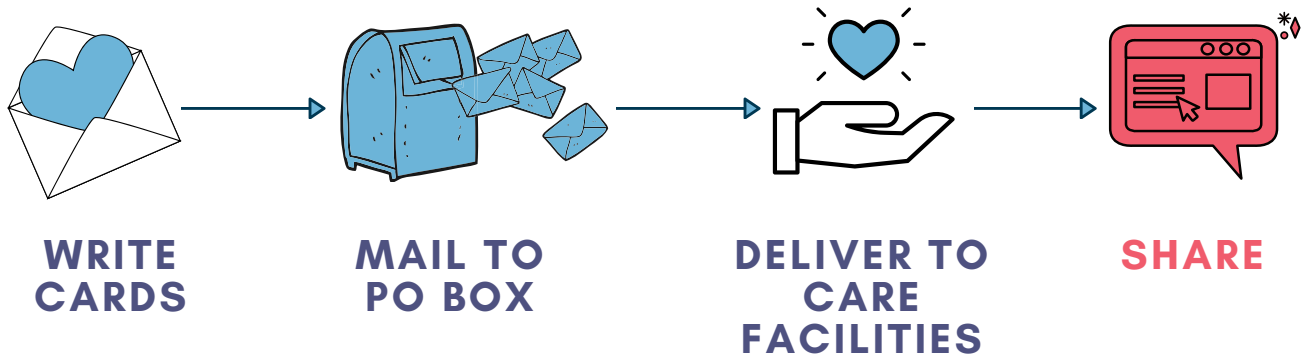
We'll take care of the last leg of each card's journey!

We pick up cards from the P.O. box and read each one. We do this to ensure that every card contains appropriate messages according to our guidelines. To learn more about our guidelines visit [www.sendingsunshine.ca/card-writing-help](http://www.sendingsunshine.ca/card-writing-help).

When the cards have been read, they will be sorted and delivered to one of our 660+ partnered senior facilities across Canada!

# HOW IT WORKS

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## SHARE

We'd love to feature you and your team on social media along with the cards that you have made!



[Sending Sunshine's Benevity Page](#)



[Sending Sunshine's Page](#)

Thank you so much for participating, we are looking forward to receiving your cards!

[http:// !\[\]\(73002692dd5e7a64e60946be3158e719\_img.jpg\) www.sendingsunshine.ca](http://www.sendingsunshine.ca)