



The women welcome and appreciate cards and/or postcards to know someone is thinking of and cares about them.

As each of the women is at different stages in their recovery journey, we would appreciate well-wishers follow the guidelines below to ensure all correspondence is suitable for sharing.

1. The best messages are positive and supportive ones!
2. Please recognize that the women we support come from many different backgrounds and have a wide variety of beliefs and faith practices.
3. To safeguard your privacy, please use just your first name when signing.
4. Please do not share your personal stories, as this time at CourageLIVES is important for survivors to be able to focus on their own personal needs and growth.
5. We always appreciate donations and gift cards that can help support survivors and their families.

Please mail letters and postcards to:

CourageLIVES
P.O. Box 2373
Bangor, ME 04402

***Suffering from
writer's block?
Even the simplest
messages bring
comfort & hope...***

- Thinking of you during this time!
- Just a note to brighten your day!
- Know there is hope and there are people who care about you!
- At times like these, know there are people who care, who care about you, and are looking forward to a better tomorrow.
- We are praying for you and the other women at CourageLIVES!