

Courage Cards

THE LAST DAY of retreat, participants write Courage Cards to the incoming group. These cards are filled with positivity, encouragement, and support. The group that just finished their retreat experience can encourage and uplift the incoming group who is just starting their week at retreat. Participants also use these note cards to write messages to others in their group.

We always need blank cards, and we get many of them from volunteers who decorate and donate these blank cards.

Making Courage Cards

Cards should appeal to a variety of women. Because our participants come from diverse backgrounds, please keep designs nonreligious and avoid using strong language such as profanity. The cards can be simply decorated and/or have encouraging and empowering quotes on the cover. You can really be as creative as you want!



Some examples of Courage Cards.