



**Host a CARD PARTY**  
**Get Involved.**  
**Spark Joy.**  
**Inspire Friendship.**  
**Create Belonging.**





# Our Mission

*To be a source of joy  
that inspires a sense of  
belonging for people  
with disabilities.*



[www.forgottenwishesfoundation.org](http://www.forgottenwishesfoundation.org)



# What is a Card Party

Card parties can be held at home, at work, in the classroom, or virtually with any number of people.

Gather simple craft items and create encouraging and thoughtful cards for people with disabilities.

*Cards do not need to be elaborate, just filled with joy from your heart to a friend!*

Card parties can be held multiple times a year. Cards produced between September 1 and October 31 should be holiday themed!



# How to Register Your Card Party

**Visit us online to register your card party!**

<https://forgottenwishesfoundation.org/get-involved/>

**TEXT the word CARDS to (832) 956-1473  
to complete the form on your phone!**

**Share photos of your event on social media with  
#sparkjoy #belonging #forgottenwishesfoundation  
@forgottenwishesfoundation**

**Service hours are available. Please visit  
our "Get Involved" page for details or  
email [friends@forgottenwishesfoundation.org](mailto:friends@forgottenwishesfoundation.org)  
for information.**



# Do's and Don'ts for Your Cards Materials

**Do use blank 5x7 folded greeting cards to create your designs.**

**Don't fold a piece of letter-sized printer paper or construction paper in half. This size of card is very difficult to mail and is more costly for us to deliver.**

**Do use letter sized paper and quarter-fold it to a 4x5.5 sized card.**

**Do use fun premade cards with blank interiors so you can write personal messages.**

**Don't use glitter. This can be a sensory nightmare for some people.**

**Washi Tape, Stencils, and Cool Stickers are your friends!**

**Blank 5.7 greeting cards with envelopes are easily purchased at your local craft store or online. We ask that you do not put them inside of an envelope when you send them, but it is great when people send them and include the envelopes for our use!**



# Do's and Don'ts for Your Card's Messages

**Don't say, "Get Well" or "I hope you get better."**

**Do say, "I was thinking about you today, and you made me smile!"**

**Don't say, "What is it like to have a disability?"**

**Do say, "It makes me happy to have a friend like you. "**

**Don't give out your address or personal contact information.**

**Do share your favorite things like food, sports, activities, and places.**

**If you have a disability and want to share that with a friend you can say something like this, "I have (Autism, I/DD, Down Syndrome) and I'm glad I have a friend like you!"**

**Don't use foul language, slang, or any content that would be inappropriate for someone with an emotional or intellectual age of a younger child.**

**Do use print and avoid cursive or difficult-to-read fonts.**

**Do sign your name, include your organization's name or your event name!  
This personalization is very important to our friends.**



# Salutation Ideas for Your Cards

**Hi Friend!**

**Howdy Friend!**

**Hello Friend!**

**Hiya Friend!**

**What's New Friend!**

***May the Force be with you, my friend!***

***Wishing You Joyful Days!***

**Cheers!**

**Best Wishes!**

**Ciao!**

**Happy Days and Good Times!**





# How to submit the cards for distribution

*Please do not seal cards in an individual envelope.*



**Gather the cards and put them in a large mailing envelope or box.**



**Include a note or letter about yourself, your company, or your organization.**



**Mail the envelope or package to us at:**

**Forgotten Wishes Foundation  
ATTN: Friends  
4321 Kingwood Dr. Ste. #58  
Kingwood, TX 77339**



**NOTE: Professional or hobbyist artists and designers should complete the online release form or TEXT the word ART to 832-956-1473 for a copy of the form.**



# Make A Donation

**HELP US PAY FOR THE POSTAGE TO SEND OUT YOUR CARDS. BECAUSE EVERY LITTLE BIT HELPS US SPREAD JOY TO PEOPLE WITH DISABILITIES.**

**The average cost of mailing to one of our Forget-Me-Not Friend Club Members is \$4.55 per individual mailing.**

<https://forgottenwishesfoundation.networkforgood.com/projects/134976-joyful-cards-for-forget-me-not-friends-club>



[www.forgottenwishesfoundation.org](http://www.forgottenwishesfoundation.org)



**Because Every Dollar  
Makes a Difference!**

**Forgotten  
Wishes  
Foundation®**



**Thank you for being a friend of a friend!  
We hope you feel as much joy creating your cards  
as our Forget-Me-Not Friends Club Members  
receive when they arrive in their mailbox!**

*Sincerely, Lisa Dempsey  
Founder & CEO*



**[www.forgottenwishesfoundation.org](http://www.forgottenwishesfoundation.org)**

**Mailing Address: 4321 Kingwood Dr. Ste. #58 Kingwood, TX 77339**

**Office Phone: (832) 813-9361**

**Email: [Friends@ForgottenWishesFoundation.org](mailto:Friends@ForgottenWishesFoundation.org)**

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