



**OTTAWA NEWSPAPER GUILD**  
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## Help provide an emotional boost to someone at a domestic abuse shelter

The Palentine's Day Project is a multi-city initiative that involves sending hand-made cards of love and support to individuals using, working in or volunteering at domestic abuse shelters.

The project began in 2014 with store-bought Valentine's cards sent to a Winnipeg homeless shelter. In the past three years, the number of handmade cards sent to women's shelters across Canada has increased to more than 2,000.

Shelters are matched with groups producing an agreed-upon number of cards. Cards only go to shelters that submit requests and are mailed to secure addresses supplied by the shelters.

2020 marks the first year in which cards will be sent to mark Palentine's Day, which is like Valentine's Day, except that it celebrates our affection for friends single or not.

### **What does the ONG have in mind?**

The Ottawa Newspaper Guild is proposing local participation in the Palentine's Day Project through an event to produce hand-made cards on Sunday, Jan. 26. Come have some fund, have a snack and help make someone's Palentine's Day a little brighter.

If you are interested, send an email to the ONG office ([ong@cwa-scaCanada.ca](mailto:ong@cwa-scaCanada.ca)) or to ONG Secretary-Treasurer Gord Holder ([gordholder@bell.net](mailto:gordholder@bell.net)).

The goal of the project is to provide inspiration and comfort to those in need of a lift because of circumstances.

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