

PROMISE2LIVE

Pocket Hug Project

The Promise2Live Pocket Hug Project is a way to spread messages of hope and healing to those in need of love...and a hug.

HOW IT WORKS

Write an anonymous letter or card giving encouragement, hope, positivity, and love. Write from your heart; listen to the spirit of light and love within you. Seal up the letter and include one of our specially-made Promise2Live Pocket Hugs. Find someone who you feel needs the letter. It could be a co-worker, friend, or a complete stranger, and give them the letter and Pocket Hug. OR...if you're writing letters as a group, you can give the letters back to Promise2Live and we'll distribute the letters on your behalf.

WHAT IS A POCKET HUG?

The Promise2Live Pocket Hug is a coin to keep in your pocket as a reminder that **YOU ARE LOVED** and **IMPORTANT**. If you are feeling lonely, sad, or depressed give the pocket hug a squeeze and remember that **YOU MATTER!**

