



705-262-1853

admin@quiltsforsurvivors.ca

58 Legion Dr. South Porcupine, ON PON 1H0

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## #ShipAHug - Information Document

**What is #ShipAHug? #ShipAHug is a community-driven campaign created by Quilts for Survivors to raise awareness and show tangible support for Residential School Survivors, Day School Survivors, and Sixties Scoop Survivors across Turtle Island. The movement is built around the power of visual solidarity, storytelling, and handmade care.**

**Why #ShipAHug Matters Survivors of Residential Schools, Day Schools, and the Sixties Scoop carry intergenerational trauma from systems meant to erase their identities, cultures, and families, and many continue to feel isolated or forgotten. #ShipAHug is a way to publicly and visibly say: "You are not alone. You are loved. We see you."**

**How to Participate Anyone can take part in #ShipAHug! Here's how:**

### 1. Make a Sign

- Write "#ShipAHug" on a piece of paper, fabric, canvas, or wood.
- Get creative! You can use paint, beadwork, sewing, embroidery, or any medium that feels meaningful to you.

### 2. Include Your Location

- Let us know where you're from by including your city, town, or community name on your sign.

### 3. Take a Photo

- Snap a picture of yourself holding the sign. You can do this alone or with your family, your community, or fellow volunteers.

### 4. Post and Share

- Upload the photo to social media with the hashtag #ShipAHug
- Tag @quiltsforsurvivors so we can see and share your message

**What It Means Every #ShipAHug photo helps:**

- Raise awareness about the impacts of Canada's colonial history



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- Encourage conversations about healing and justice
- Show Survivors that their stories matter and that people care
- Connect communities in a united act of love and remembrance

**Where It Goes Photos and signs may be featured:**

- On Quilts for Survivors social media pages
- In presentations and awareness booths
- As part of our studio wall

**Examples of Participation**

- Sierra from Timmins made a painted sign and took a selfie
- Eileen from Nova Scotia quilted her #ShipAHug message into fabric and proudly shared it from her living room
- Youth from across the region are joining in by making signs at community gatherings

**Let's Blanket Survivors in Support. No matter your background, age, or skill level—your voice matters. Help us #ShipAHug today.**

**For more info, visit:**

[www.quiltsforsurvivors.ca](http://www.quiltsforsurvivors.ca)

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**FOR IMMEDIATE RELEASE**

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## **Quilts for Survivors Launches #ShipAHug Campaign to Deliver Healing**

**“Hugs” to Indigenous Survivors Timmins, ON — Quilts for Survivors is proud to launch its heartwarming new campaign, #ShipAHug, this March — a national initiative to send handmade quilts to Indigenous survivors of Residential Schools, Day Schools, the Sixties Scoop, and their families across Turtle Island. Each quilt is a gift of comfort, healing, and love — a hug in the mail.**

The idea for #ShipAHug came from Josée, the daughter of the organization’s founder. In her words, “Giving quilts to Survivors is like sending a hug to help with their booboos from the schools.” This tender sentiment has grown into a movement of community, compassion, and truth-telling through action.

Quilts for Survivors, founded in 2021, has already gifted thousands of quilts to Survivors and their families — all handmade with love and sent at no cost to recipients. The #ShipAHug campaign aims to amplify that work by encouraging people across the country to get involved.

**How to Participate:**

-  **Nominate a Survivor to receive a quilt**
-  **Contribute funds to help cover shipping and materials**
-  **Post a sign that says “#ShipAHug”, tag @quiltsforsurvivors, and use the hashtag to spread awareness and love.**

Quilts for Survivors believes in honouring Survivors not just in words but through meaningful action. Every quilt sent is a symbol of care, strength, and solidarity.


To learn more or get involved, visit [www.quiltsforsurvivors.ca](http://www.quiltsforsurvivors.ca) or follow us on social media [@quilts\\_for\\_survivors](https://www.instagram.com/quilts_for_survivors).

**Media Contact:**

**Katherine Jeremiah-Genier (Kat)**

**Studio Manager, Quilts for Survivors**

 [admin@quiltsforsurvivors.ca](mailto:admin@quiltsforsurvivors.ca)

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