About the project:

The December Letters Project is an annual feminist mental health literacy project that was started by Madwomen in the Attic in the United States, in December 2018 to send support to our neighbors in psychiatric hospitals. The project invites individuals and groups to come together to **write secular cards and letters featuring art and messages of friendship, solidarity, kindness, and hope to people who are in psychiatric institutions around the winter solstice each year**. The project aims to help alleviate some of the alienation, isolation, and separation that people sometimes feel while inside mental healthcare institutions, and to combat discrimination and stigma by bridging the gap between institution and community through a material gesture of solidarity that happens when we send and receive notes and letters in the mail conveying messages of kindness and solidarity.

Groups and schools in the United States, Canada, and Australia have participated in the December Letters Project since 2018.



CARD DROP OFF LOCATIONS
68 Chasewood Lane
East Amherst, NY 14051
&
St. Paul's Lutheran Church
68 Eagle Street
Williamsville, NY 14221

Local Card-making and Drop-Off Meeting:

Join us at Spot Coffee on Elmwood Avenue on **Saturday, December 5th**
9:30 – 11:30 AM
to make or drop off cards
OR contact us
at 716-725-7321
to arrange a pick-up or
or delivery!

The December Letters Project

How to Participate

Individuals and groups interested in participating in the project can either (a) reach out to their local mental healthcare institutions to discuss specific hospital/facility policies for the cards and to schedule a delivery date around the winter solstice or (b) deliver their cards to Madwomen in the Attic by December 17th to participate in the project in Buffalo, NY.

We encourage groups to hold letter-writing events in their communities and to work with nearby facilities to make the project meaningful and personal to their local communities

For more information, please visit www.madintheattic.org or email MITA at madwomenofwny@gmail.com.