



Dear Teacher/ Youth Leader

You are invited to join our annual
Valentines for Vets campaign.

Through Valentines
for Vets, valentines
made by students and
Canadians of all ages
are sent to thousands
of Veterans living in
long-term care facilities
across Canada.

Handcrafted
valentines leave a
lasting impression on
our Veterans and are
a great way to engage
young people in the act
of remembrance. Together,
let's make Veterans smile on
Valentine's Day!

Send your valentines to Veterans
Affairs Canada early so we can
distribute them to Veterans in time for
Valentine's Day. Our address is:

Valentines for Vets
c/o Veterans Affairs Canada
125 Maple Hills Avenue
Charlottetown, PE
C1C 0B6

For more tips and ideas visit us
at veterans.gc.ca and search
for "valentines."



Tips for completing your Valentines



- Do not use sparkles or bulky materials.
- Do not include candy or chocolate.
- Do not put dates on valentines.
- Avoid language or images that relate to violence, death or illness.
- Valentines of all shapes and colours are welcome but greeting card size is easiest to package and distribute.
- Remember that valentines are delivered to Veterans who are no longer at war.
- Package all valentines loosely in one large envelope or box.
- Encourage participants to sign their name and write about themselves, but do not include addresses or phone numbers.
- Initiate a class/group discussion on why it is important to recognize and thank our Veterans for their service.
- Personal messages or poems are best. Some valentines may be light-hearted, while others may be more thoughtful.

Here are a few sample messages:

- "Roses are red, you're number one. Thank you for all that you have done."
- "Thank you for your service. I feel very grateful for the freedom we have today."
- "I hope your day is filled with love, thank you for keeping everyone safe."



Veterans Affairs
Canada

Anciens Combattants
Canada

Canada