

# COMMUNITY MEMBERS IN GUELPH CREATE A SELF-CARE BOX WITH A SIMPLE BUT POWERFUL REMINDER: YOU ARE ENOUGH

*The self-care box was co-created by The Community Company and five members of Lakeside HOPE House, a social assistance centre in Guelph, Ontario.*



## PUBLISHED SEPTEMBER 23, 2019, FOR IMMEDIATE RELEASE

“I am Enough” is written across the brightly coloured self-care booklet, one of four items included in the self-care community box. Every week for six straight months, five members of HOPE House met on Thursday at 11:00am to create a box that they hoped will share love and positivity across Canada. Many of the Creators of the box have first-hand experience with mental health issues and practice self-care activities on a daily basis. The Creators finished and launched their box online on September 10th and to celebrate their achievement, they hid 30 free self-care booklets in downtown Guelph on September 16th with the hopes of it landing in the hands of someone who needed it. Plans are in place to continue hiding self-care booklets across Southern Ontario in October.

The self-care box is available for sale on The Community Company’s website and contains a self-care booklet with positive reminders, a handmade bracelet with a lava bead, a gratitude card to share with someone you are thankful for, and three unique tea blends made by the team in partnership with GROSCHE Coffee and tea. Every creator also shared their personal journey with self-care and how it helped them in their time of need to inspire community members who may be in a similar position.

The team has a goal of selling 100 self-care boxes and having their products impact Canadians coast-to-coast. They’ve sold 53 since launching, and received their first out-of-province order a couple of weeks ago from a customer in New Brunswick, who ordered self-care booklets for her school board.

To learn more about the Creators behind the self-care box or to purchase a box, please visit [www.communitycompany.org/hope](http://www.communitycompany.org/hope)



The Community Company envisions a community where everyone has an opportunity to inspire and create. It is an e-commerce business founded in Guelph, Ontario in November 2018 and has released three sets of products to date. As a social business, it shares half of its profits with its Creators and reinvests the other half. The Community Company is empowering people in our community overcoming adversities such as homelessness, surviving an abusive relationship, and mental health issues.

Please contact Justin if you have any questions or to learn more about the project:  
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### Self-Care Box:



### Community Impact:

“I would like to say a huge thank you to the community member who left one of the self-care books on a bench last week. Last week was particularly challenging and on that day, your kindness shifted my thinking.” K.H.

### Team Quotes:

“I suffer from mental health issues and a lot of us do as well. Creating these self-care items brought us a lot of joy and we all added our own unique piece to it.” - Sarah, Creator

“It’s taken 43 years to love myself as I am 100% - my mind, my body and my soul. I don’t want to do anything that is going to tear her down.” - Martha, Creator

“Self-care is about getting rid of the toxicity in your life and leaving the good behind.” - Paul, Creator

“I am so proud of every one of our Creators for finishing their self-care box and for putting a product out there that is highly valued and accepted by the community. It required a lot of vulnerability, but the sense of pride and accomplishment our Creators are feeling right now makes it all worth it.” - Justin, Founder

