



Lifekeeper Memory Quilt

Lifekeeper Memory Quilts are displayed publicly at workshops and other public events to increase suicide prevention efforts, honor our loved ones and raise the visibility of the public health problem of suicide.

This will be an heirloom quilt that will be cherished for years. On the quilt square provided, create a message, picture, etc. to reflect the soul of your loved one. This project will aid in the healing of grief and lend an opportunity for your family and friends to work together to honor your loved one's life.

Instructions:

Transferring a picture on your square: check with your local t-shirt shops, or you can do it yourself with iron-on transfer paper found at hobby stores.

We suggest you sketch out your details on a separate paper, to be used as a blueprint, before placing it on your quilt square.

Please use hand or machine embroidered lettering, cross stitch, sewn appliques, permanent fabric paint, colorfast dye, brush on textile paint, indelible ink and only things that can go through laundering and dry cleaning.

Please **DO NOT USE** glue, fabric paint, puffy paint, marking pens or anything that may run, wash off, flake or bleed onto another square.

Please do not attach objects to your square.

Please leave a one (1) inch border all the way around the square.

Please do not fold your square. Press flat and transport/mail flat by placing between cardboard or in a new pizza box.

Return your completed square to Friends for Survival, P.O. Box 214463, Sacramento, CA 95821, along with your check or money order in the amount of \$10.00, and your completed Information Form & Release Statement.

Squares must comply with all instructions or will be unusable.

If you need ideas, take a look at the photos on our website: www.friendsforsurvival.org, and click on "Memorial Quilts".

Any questions, please call our office:

916-392-0664



Information Form & Release Statement

Name of person on quilt square: _____

Date of birth and death: _____

Your relationship to this person: _____

Special memories or what you want this person remembered for: _____

Your name, address and telephone number: _____

Names of others who helped create the quilt square: _____

Statement of Release: I hereby acknowledge that this quilt square will be included in a Friends for Survival Lifekeeper Memory Quilt and that said quilt will be displayed publicly for the purpose of suicide prevention and awareness.

Signature

Date: _____