

Be Kind MAY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Smile to someone experiencing homelessness	2 Make "You are Loved" bags to pass out this month	3 Look up homelessness myths & facts	4 Schedule a day to bring a meal to our Day Center	5 Watch and share our "Be Kind" video	6 Donate clothes in good condition for our clothing closet
7 Write hand-written cards of encouragement to pass out	8 Buy a coffee for someone experiencing homelessness	9 Imagine what your life would be like if you lost your housing	10 Wave to someone experiencing homelessness	11 Donate items for our One Day Event	12 Read, comment, and share on one of our social media posts	13 Make sack lunches to pass out today
14 Watch "The Pursuit of Happiness"	15 Offer a compliment to someone experiencing homelessness	16 Assemble hygiene kits to donate or pass out	17 Choose your own act of kindness	18 Say hello to someone experiencing homelessness	19 Set up a monthly donation with us!	20 Donate dog food, treats, or toys for unhoused furry friends
21 Serve a meal at a local food kitchen	22 Share one of our videos on social media	23 Have a friendly conversation with someone who is unhoused	24 Donate "Welcome Baskets" for newly housed friends	25 Watch "The Library"	26 Write kind messages with street chalk	27 Volunteer at our Day Center or w/ another organization
28 Read a book about homelessness	29 Donate coloring pages or books to a local shelter	30 Share your experience this month with friends and family	31 Invite others to donate & get involved with PHC			

LEARN MORE & COORDINATE EFFORTS:

www.phcwc.org

volunteer@phcwc.org

971-713-3930

363 SE 6th Avenue Hillsboro, OR 97123

[@phcwc](https://www.instagram.com/phcwc)

DONATIONS

YOU ARE LOVED BAGS

Many of our friends need to be reminded that they matter and that they are loved. We invite you to print and cut out our "You are Loved" and "Connect to Services" cards (can be found on our social media and website). Put these along with some of the following items in bags to pass out this month:

- Granola bars or other non-perishable snack items
- Gift cards to fast food joints or grocery stores
- Water bottle
- Hygiene items (see section below for ideas)

HYGIENE KITS

Hygiene items are always in demand. Put some of these items in bags to pass out or donate to our Day Center for us to give away. Travel-sized items are best.

- Deodorant
- Body wipes
- Toothbrush and toothpaste
- Dental Floss
- Hand sanitizer
- Dry shampoo
- Tampons or pads
- Nail clippers
- Chapstick
- Sunscreen
- Lotion
- Tissues
- Band-aids
- Shaving cream, razor, and small mirror
- Foot powder or baby powder

CLOTHING CLOSET

We have a clothing closet at our Day Center. We invite you to donate used or new clothing and shoes in good condition. We encourage the following items:

- Brand new underwear
- Waterproof shoes
- Unisex sweatpants and sweatshirts
- Men's clothing
- Women's bras

ITEMS FOR ONE DAY EVENT

On May 12th, we are hosting one of our "One Day Events" that brings comprehensive critical services to those experiencing homelessness. We would appreciate the following donation items for us to have there:

- First-aid kits
- Backpacks
- Toiletries
- Hygiene products
- Sleeping bags
- Phones/chargers
- Clothing
- Non-perishable food (ex: peel-off canned food, granola bars, protein shakes)

NOTE: Please drop off donation items at our Day Center on May 11th

WELCOME BASKETS

Our newly housed friends are in need of the basic essentials upon move-in! Put these items in a laundry basket and bring it to our Day Center for us to pass along:

- Toilet paper, plunger, and hand soap
- Shower curtain, hooks, and mat
- Shampoo, conditioner, and body wash
- Body, hand, and face towel
- Laundry detergent
- Paper towels
- Dish soap and sponge
- Paper or plastic dishware and utensils

DAY CENTER

Email us at volunteer@phcwc.org to coordinate volunteer efforts or if you want to donate a meal to be served at the Day Center. Meals should feed around 50 people.