



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GIVE A HELPING HAND

## Homeless Outreach Items Needed YMCA OF THE CAPITAL AREA

Drop your donation off to any YMCA during normal business hours. Donations will be distributed to those in need that are in overnight shelters and to those that are in the street. You may also donate \$25.00 dollars to the YMCA (note for homeless project) and the items will be purchased for you.

### NOVEMBER-MARCH

Blankets, wool caps, mittens/gloves, scarves, socks (Lg.), ski caps, ChapStick, lotion, razors, vitamins, toilet paper, cough syrup, non-perishable snack foods and water bottles. Donations of coats and sweaters (any size) are needed as well as gym, school, and disposable grocery bags.

### APRIL-AUGUST

Insect repellent, lotion, travel size toiletries, sandals, socks, summer clothing (youth-adult), sunscreen, umbrellas, ChapStick, sunglasses, eye drops, bottled water, raincoats, nonperishable snacks, book/gym bag or water bottles. Disposable grocery bags are also needed.

### PEANUT BUTTER & JELLY

This is a great project for you and your family. Make Peanut Butter & Jelly sandwiches, place in Ziploc bag and drop off on Wednesday, Friday or Sunday by 10AM to the A.C. Lewis YMCA and we will bring them to those in need.

### BICYCLE MINISTRIES

Donate any new or used bike for us to supply to the homeless in our community. Or give your time and talents on the first and third Friday of each month from 10AM-1PM at our Outreach location at 17th and Florida.

**Donations are accepted at any of the nine YMCA of the Capital Area locations.**