RBHF RICHMOND BEHAVIORAL HEALTH FOUNDATION

DIY Volunteer Opportunity

DROP OFF DATES:
Tuesday, April 29, 2025 11am – 2pm
Thursday, May 8, 2025 11am – 2pm
Friday, May 16, 2025 11am – 2pm



Nourishment Kits

Organizational Beneficiary: Richmond Behavioral Health Authority

IMPACT: RBHA serves over 13,000 individuals – children and adults – every year. The individuals we serve often do not have resources to purchase needed items. The Nourishment Kits will be distributed across the agency to individuals receiving services – children who may need a snack, adults who may need food to take with medication, individuals experiencing homelessness, or individuals who may have no food that day.

Richmond Behavioral Health *fearlessly* champions the health, wellness, and recovery of individuals and families in our community. Our vision is to create an inclusive, healthy community where individuals have the courage to believe in a better tomorrow and are inspired to reach their highest potential.

Supplies:

- **10 one gallon ziplock bags**
- **10 Notecards – with personal note**
- **Applesauce – single serving container or pouch**
- **Pretzels or Goldfish – single serving bag**
- **Cheese crackers – single package**
- **Soft granola bar or Nutri-grain bars**
- **Cereal boxes – individual serving size**
- **Fruit Snacks**
- **Tuna or chicken pouches or cans**

Step One:

- **Purchase and/or collect your supplies.** We ask DIY volunteers to donate a **minimum of 10 Nourishment Kits.** *Contributions over the minimum amount are welcome, but we will not be able to document more than 3 service hours for any DIY project.*

Step Two:

- **Place one of each item in each of the 10 ziplock bags.**
- **Write an encouraging message on each notecard to include in the bags.**

Step Three:

- Drop off your project at RBHA on any of the following dates/times:

Tuesday, April 29, 2025 11am – 2pm
Thursday, May 8, 2025 11am – 2pm
Friday, May 16, 2025 11am – 2pm

- We are located at **107 S. 5th Street, Richmond, VA 23219**. We will be set up outside to receive donations. In case of inclement weather, we will be set up just inside the garage which is located beside the main entrance.

Step Four:

- Sharing your time and resources is a great gift to others. We hope that through your giving, you receive something beneficial in return – the feeling of doing good for someone in need and knowing you have had a direct, positive impact in someone's life. Talking through the purpose of the project as you complete it is a great way for all involved to gain a connection to

those being served through your generosity. Here are some questions to help guide conversation:

- How will this project help someone in need?
- What do we know about the importance of building a community made to help each other?
- Did our feelings about the recipients of this project change as we completed the project?
- What worked well about this project?
- What *else* can we do now? Are there other ways we can help?

Step Five:

- Like DIY projects? Follow us on Facebook to stay connected. We offer DIY Volunteer Opportunities in the Spring and the Fall each year. Dates are posted as soon as they are set. www.facebook.com/rbhfrva/
- Share your experience on your Facebook or Instagram page and tag us @rbhfrva. We love sharing the work of our volunteers!
- Want to learn more about **Richmond Behavioral Health** and the work we do in the community? Please visit www.rbha.org and join our mailing list to receive updates and information on more ways to be involved.

While it's not required to sign up on the site below to participate, it does help us plan and track volunteers and volunteer hours.

CFengage (formerly Hands On Greater Richmond) link to sign up:
https://www.cfengage.org/opportunity/a0CNw00009SdrNLMAZ/diy-volunteer-opportunity-nourishment-kits-spring-2025