

PAINTED ROCKS



What is your Why?

Design, paint, and place your creations in the community for others to find! Paint or write encouraging words, happy thoughts, quotes, or beautiful drawings. These rocks are a way to give others encouragement.

Supplies & Ideas

- Postnatal vitamins
- Tucks medicated pads
- Ice packs
- Heating pad
- Robe
- Peri bottle
- Self care items

Step-by-Step

- Purchase items for the kit
- Pack items into a gift bag
- Decorate and label the kit
- Donate to an area non-profit!

Time to Share!

To inquire what agencies will accept the projects, dial 211 or email vol@helplinecenter.org
For more information visit www.helplinecenter.org/diy