Do It Yourself Volunteer Project:

helpline center
DIAL 2-1-1

a new mama survival kit

PROJECT OVERVIEW:
Having a new baby can be an exciting time and also a very scary time. Mommy Survival Kits are a simple way to offer support to new moms that don't have the resources to provide all that new babies need. Once you've created a Mommy Survival Kit, the Helpline Center will deliver to organizations that work with children and families.

ITEMS NEEDED:
1. Mason jar, box or gift bag from the dollar store
2. Travel size baby shampoo or lotion
3. Wet wipes
4. Water Enhancers
5. Granola bar or mini candy

WHAT TO DO:
1) Purchase items listed above (try the Dollar Store!)
2) Pack items into bag, jar or box

ADDITIONAL IDEAS:
- Items listed are not an all inclusive list, do not feel obligated to purchase all or stick to items listed
- If adding items such as soap (or anything scented) be sure to separate these items from food items.
- Consider adding a congratulations note or card to the kits.

Delivery

Once your DIY volunteer projects are complete, please deliver to your local Helpline Center Office in Brookings (619 5th Avenue), Rapid City (529 Kansas City Street #201), or Sioux Falls (1000 N. West Ave #310). Or call 211 for a list of are non-profits accepting DIY projects. Questions call 211 or email vol@helplinecenter.org

Promote

Share your experience with the Helpline Center, as well as your family and friends by posting your photos & experience on our **Facebook** page or **Twitter @HelplineCenter** with hashtag **#DIYVOLSD**

Sponsored By:

SANFORD HEALTH · CAPITAL SERVICES · KOURI INSURANCE · POET HUMAN + NATURE · Avera · A&B Business Solutions · Maximizing Excellence, LLC