



“It is our hope that by doing random acts of kindness that we can help those less fortunate to Bridge the gap between pain of the heart and mind to a place of peace in the heart and mind.”

How You can Help:

You can drop off supplies for the homeless year round. Please contact Colette Bildfell for drop off location or to arrange for pickup if you have no means of transportation for carting these supplies.

Some of the supplies we require year round for the homeless are:

Backpacks (new or in good condition)	travel sized shampoo, conditioner, soap,
socks (new or in good condition)	deodorant, toothpaste, toothbrush,
ladies' underwear and bras (new only)	lotion, hand sanitizer, pads, and tampons
Mens' underwear (new only)	razors
bottled water	Facecloths or wipes
travel mugs/water bottles	small packages of tissue
blankets	small journals and pens
granola bars	\$5 coffee cards
juice boxes	

From Sept 1 to March 1

winter clothing (toques, mitts, scarves, jackets, boots, sweat shirts, hand warmers)

From March 1 to September 1

(clothing, jackets, shoes)

****PLEASE NOTE:** Shelters do not have room for storage to maximize the number of beds available, so please do not donate clothing that is not in season**

Supplies required for shelters:

pajama bottoms, t-shirts that can be used as pajamas, advil/tylenol, bike locks, sheets, pillows, laundry soap, cleaning supplies

For lists of what you can provide for our current projects, please go to our facebook page at: <https://www.facebook.com/BridgingToGoodness/> (don't forget to like our page).

Do you wish to volunteer for Bridging to Goodness to help the community?

Please send us an email letting us know at bridgingtogoodness@gmail.com

Join our group on Facebook at <https://www.facebook.com/groups/965669373505489/>