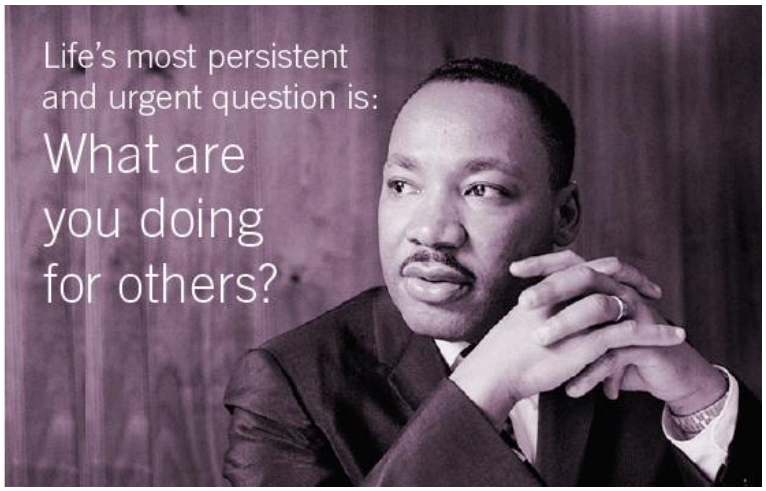
Breathing Room Foundation

for families affected by cancer

Dr. Martin Luther King Jr. Day of Service, 2021

The current challenges we are facing are unique, but there are still ways to help our Breathing Room families affected by cancer and Covid-19 this **Monday, January 18**.



"Everybody can be great, because anybody can serve.

You don't have to have a college degree to serve.

You don't have to make your subject and verb agree to serve.

You only need a heart full of grace. A soul generated by love."

BRF Service Options

BRF Breakfast Bags: Add a 100% fruit drink and 3 individually wrapped breakfast food items to a quart size ziploc type bag. You can assemble these bags at home.

The following items are appropriate: applesauce or fruit cup, single serve box of cereal, oatmeal pack, breakfast/granola bar, box of raisins, wrapped tea bag or hot chocolate packet to fill the bag. A handmade "Have a Good Day" or "Thinking of You" note tucked in the bag makes it more personal.

BRF Comfort Bags: Our BRF Comfort Bags contain a variety of useful, practical items that our BRF recipients have found helpful during their treatments and medical appointments. You can assemble these bags at home.

Fill a gallon ziploc type bag with the following items: Chapstick, puzzle book, pen, a small pack of tissues, hand sanitizer, lotion, fuzzy socks and a journal. Handmade notes of support remind our recipients that their Breathing Room Friends are thinking of them. The cards include simple words of support, such as, "Have a Good Day" or "Thinking of You." **No mints, please.**

Valentine "Share the Love" Program: Create handmade Valentine cards or crafts to share with our families in February. Deadline to the BRF is Monday, February 8.

Email eileen@breathingroomfoundation.org or call (215) 277-1006 for more information.