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# Small businesses to support in DMV area

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Neighbors, many of the people we know and love own small businesses, are independent consultants or freelancers and need our help now. The DC we know and love is special because of the entrepreneurs who bravely step out to make it so.

## Our Ask:

**In every spending decision you make, you have the chance to change someone's life for the better. Please shop small. Please shop local. Please support the businesses most affected right now.**

Many projects have been canceled or delayed, and some clients or prospects are hesitant to move forward given the current climate. All shops are closed until further notice. We need help with cash flow and commitments (for future work) to support teams and keep us afloat.

To help, we're crowdsourcing a list of businesses in need. We appreciate anything you can do to support these brave business owners, whether with a word of encouragement, referrals or social media shout-outs, or by actually hiring them to do work you may need now or in the coming months. *With so much love and gratitude,*  
*Amira*

## How you can help:

1. For service-based businesses (e.g. consulting, photography): Hire them for a current or future project.
2. For product- or experience-based businesses (e.g. retail, food): Shop a retailer or maker's online products; or buy a gift card for future use. Buy a gift card to the restaurant you love or order meals for delivery. If you can't support financially, send a referral or shout them out on social media.
2. Please add a small business in need below. (Add new categories, if needed!)
3. Share this list. The easiest way is to share [bit.ly/supportdcbiz](https://twitter.com/amiraelgawly/status/1239713981473984512?s=20) or retweet the link below/send to media.  
<https://twitter.com/amiraelgawly/status/1239713981473984512?s=20>

## Small businesses, if you need help:

1. Check out these [Resources for Small Businesses](#), including people offering pro-bono consulting (incl. me).
2. If you have ideas for improving this resource, please email [amira@manifesta.co](mailto:amira@manifesta.co) or text 202.615.5266.

## Explore Business Categories

[Health & Wellness](#)

[Workplace Wellbeing, Culture & HR](#)

[Marketing & Communications](#)

[Business Services](#)

[Design, Photo & Video](#)

[Art](#)

[Pregnancy & Children](#)

[Beauty](#)

[Food](#)

[Retail](#)

## Health & Wellness

- [Yoga with Nya](#) | In-Home Private Yoga  
Email: [nya@yogawithnya.com](mailto:nya@yogawithnya.com)
- [Jessica Carson](#) | Author of *Wired This Way*  
Hi! I just published a book, *Wired This Way*, on the mental, emotional, physical, and spiritual well-being of creators, and [it would mean the world to me if you would consider pre-ordering](#). All of my launch events, conferences, etc. have been cancelled, and I would appreciate any support, promotion, or social shares.  
Email: [Jessica@jessicacarson.co](mailto:Jessica@jessicacarson.co) | [Pre-order \*Wired This Way\*](#) | [Visit my Site](#)
- [Just Davia](#) | Former therapist turned entrepreneur.  
I help burnt out women in wellness instill balance in their lives + reignite excitement in their careers  
Email: [hi@justdavia.com](mailto:hi@justdavia.com)
- [Akina Pharmacy](#) | CBD + Antibac  
Family-owned specialty pharmacy offering compounded medications. Order **CBD** (for humans or pets) and [antibacterial gel](#), which they started producing today since it's out of stock at most traditional pharmacies and retailers. Order online and they'll ship to you.
- [Emy Crinklaw-Bunch](#) I'm a Womxn's Health Coach and Menstrual Educator. I help ambitious womxn eliminate period pain, reduce PMS, and get in tune with their menstrual flow so they can create vibrant health and \*energetic flow\*! Email: [emy@crinklebunch.com](mailto:emy@crinklebunch.com) | [Schedule a Free Coaching Call](#)
- [Erin Antosh of Where The Good Grows](#) | Organic Herbal Remedies + Consultations  
I'm a Clinical Herbalist and Natural Wellness Educator, helping people to transform their health through nature. [Schedule a Natural Wellness Consultation](#) or [shop our organically grown medicinal plant remedies](#). Email: [erin@wherethegoodgrows.com](mailto:erin@wherethegoodgrows.com) Instagram: [@wherethegoodgrows](#)

## Workplace Wellbeing, Culture & HR

- [Amira El-Gawly of Manifesta](#) | Workplace Design & Culture Strategy  
We're here to support company and team leaders through this unprecedented global situation. We design workplace culture through strategy, systems and support. Strategy - culture assessment and employee experience improvement. Systems - training, workshops, retreats + tech selection. Spaces - workplace interior design. [Schedule consultations here](#).  
Email: [amira@manifesta.co](mailto:amira@manifesta.co)
- [Emily Goodson of CultureSmart](#) | HR Advising & Coaching  
Virtual HR advising and leadership coaching for high-growth startups, through regular video or phone calls to build HR infrastructure and scale effective workplace culture. This DC native (currently in San Diego) is currently offering 30-minute complimentary virtual sessions if you need help navigating policy and communicating your business's approach to coronavirus with employees. Email: [emily@workculturesmart.com](mailto:emily@workculturesmart.com)

- **[Jesse B Rauch of Reply All Consulting](#) | Salary Negotiation Training and Career Action Planning**  
Jesse will help you develop a detailed action plan to help you successfully negotiate your desired salary and benefits package at a new job or when looking for a promotion at your current job. He can also provide career action planning so you can feel confident in your career path.  
Email: [jesse@replyall.consulting](mailto:jesse@replyall.consulting)
- **[EDspired](#) | Coaching and Consultancy**  
Reem Labib Tyson serves as a coach for entrepreneurs, non-profit leaders and individuals who are ready to pivot, transform or looking to get unstuck!

## Event Services

- **[District Karaoke and DJ](#)**  
District Karaoke and DJ offers karaoke and DJ services for any and all events - corporate, wedding, birthdays, the end of the world (potentially to be renamed a “end of social distancing party”). District Karaoke is a social, team-based karaoke league, - a perfect outlet for your creative self. The league is postponed for now, but registration for the summer league will open soon.  
Email [jesse@districtkaraoke.com](mailto:jesse@districtkaraoke.com) if you need a PA or sound system, or someone to sing with you.
- **[Honey Booth](#) | Photo Booth Company**  
We are a photo booth company serving the DMV area, specialized in unique handmade props and backdrops. We had a lot of event cancellations due to coronavirus; therefore, we are offering a \$50 off all base packages until April 13, 2020.  
Email: [hello@honeybooth.co](mailto:hello@honeybooth.co)
- **[Confetti Events](#) | Event Planner**  
We know birthdays are still happening, and we are here to help make them extra special! Introducing our **new drop off party boxes**. If you cannot make it out of the house, do not stress. We will drop everything off- and pick everything up! Boxes include: Your theme of choice, balloons, decorations, family-friendly crafts. We will also have Easter Egg Hunt kits and other fun seasonal activity boxes!  
Email: [dconfettievents@gmail.com](mailto:dconfettievents@gmail.com) (Samantha Antes, Owner)
- **[Cheers Darling Events](#) | Event & Wedding Planner + Designer**  
We are a full service event planning + design firms, specializing in events of all sizes and shapes [corporate, social and weddings]  
Email: [kaitlin@cheersdarlingevents.com](mailto:kaitlin@cheersdarlingevents.com)

## Marketing & Communications

- **[Kara McCartney](#) | Copywriting + Website Development**  
Email: [kara@karamccartney.com](mailto:kara@karamccartney.com)
- **[Kelly Carnes of Carnes & Co](#) | Public Relations & Event Strategy**  
Email: [kelly@carnesand.co](mailto:kelly@carnesand.co)

- **[Nolan Burger](#) | Copywriting + Marketing**  
Email: [nolan@nolanburger.com](mailto:nolan@nolanburger.com)
- **[Tammy Gordon of Verified Strategy](#) | Crisis Comms re: COVID-19 Response**  
Email: [tammy@verifiedstrategy.com](mailto:tammy@verifiedstrategy.com)
- **[Sacha Cohen of Grassfed Media](#) | Crisis Comms, PR, Copywriting**  
Email: [Sacha@grassfedmediadc.com](mailto:Sacha@grassfedmediadc.com)
- **[RINGLET](#) | Integrative Marketing**  
Email: [Claire@ringletstudio.com](mailto:Claire@ringletstudio.com)
- **[Mission Partners](#) | Strategic Planning, Virtual Facilitation (Retreats, Board Meetings, etc), Message Development and Crisis Communications.** Offering significantly discounted rates and up to 5 pro bono engagements to support nonprofits, associations, and foundations with messages, materials development, donor communications and crisis strategies related to COVID-19.  
Email: [carrie@mission.partners](mailto:carrie@mission.partners)
- **[Lust Local Media](#) | Social Media Marketing, Comms, Copywriting**  
Email: [dm@dianamorales.me](mailto:dm@dianamorales.me)
- **[SMTPR \(Sofia Thompson\)](#) | Digital PR + Influencer Marketing**  
Email: [contact@smtpr.co](mailto:contact@smtpr.co)
- **[Leigh George, PhD of Freedom](#) | Marketing strategy and communications to help you communicate with your customers during the pandemic**  
Email: [leighgeorge@find-freedom.co](mailto:leighgeorge@find-freedom.co)
- **[Starlight Social](#) | Social Media Training + Monthly Packages**  
Email: [rachel@starlightsocial.com](mailto:rachel@starlightsocial.com)
- **[Katherine Cotsonas of k + co.](#) | PR, Social Media + Crisis Communications**  
Email: [katherine@kandcopr.com](mailto:katherine@kandcopr.com)
- **[Anne Boyle Consulting](#) | Independent Strategy, Marketing, and Writing for Marketing and Creative Agencies**  
Email: [anne@anneboyle.co](mailto:anne@anneboyle.co)

## Business Services

- **[Crys & Tiana](#) | Online Business Management + Project Management**  
Email: [adeola@crysandtiana.com](mailto:adeola@crysandtiana.com)
- **[Alex Suchman, AIS Collaborations](#) - Business Strategy, Processes, and Organization**  
Email: [alex@aiscollaborations.com](mailto:alex@aiscollaborations.com)

Do Good Work Better! I help small businesses and small nonprofits put the systems and tools in place to operate more effectively. I help with everything from organizing shared folders and files, to clarifying roles and responsibilities, to process improvement, to building project and personnel management skills. So many of the challenges faced by small workplaces are preventable and predictable, and I help my clients tackle those problems and get back to the important stuff.

- **[Niner's Accounting & Tax Services](#) - Tax Preparation & Accounting Services**

Email: [taxhelp@ninerstax.com](mailto:taxhelp@ninerstax.com)

We are a family run business local to the DMV area. We have an online secure portal which allows for safe and secure tax preparation from the comforts of your home.

## Home Improvement, Repair & Services

- **[JMB Contractors LLC](#) | Family-owned Masonry Contractor**

Contact: 202-498-6937 or [jose@jmbcontractors.com](mailto:jose@jmbcontractors.com); Instagram [@jmbcontractorsllc](https://www.instagram.com/jmbcontractorsllc)

We are a family-owned small business specializing in brick, block and stone exterior construction and repairs (patios, chimneys, retaining walls, etc). We offer free quotes with no-contact and safe-distance consultations. To support during these times, referrals are very appreciated. [See our portfolio](#).

## Design, Photo & Video

- **[Clarissa Villondo and Nicholas Karlin of Karlin Villondo Photography](#) | Photographer + Audio Mixing and Sound Design for Television/Film**

Specializes in portraits and food and beverage photography; audio mixing and sound design for television/film. Also do corporate event photography but most of our clients for that have canceled.

Email: [info@karlinvillondo.com](mailto:info@karlinvillondo.com)

- **[Travis Houze](#) | Photographer, Videographer and Video Editor**

Specializes in portraits and event photography. Has experience in shooting and editing documentary style work focused on musicians.

Email: [travis@travishouze.com](mailto:travis@travishouze.com)

- **[Emma McAlary Photography](#) | Photographer**

She specializes in commercial and lifestyle photography for brands--food, products, clothing, etc. She also does headshots, events, editorial work and other style portraiture.

Email: [emcalary@gmail.com](mailto:emcalary@gmail.com) | Instagram: [@emcalary](https://www.instagram.com/emcalary)

- **[MOJALVO](#) | Video. Photo. Stop Motion**

Maya specializes in brand storytelling and journalistic photography. She also offers portraits and prints for sale on her website (available later this week).

- **[Amanda Archibald](#) | Photography + Design**

Amanda specializes in commercial and lifestyle content creation - photography, stop-motion and graphic design. Amanda's work has been published in Apartment Therapy and Washingtonian and she has worked for brands such as Getaway House, Honeyflower Foods, Colada Shop and more.  
Email: [amandaarchibaldphoto@gmail.com](mailto:amandaarchibaldphoto@gmail.com) | Instagram: [@fotosynthesis](https://www.instagram.com/fotosynthesis)

- **[Albert Ting](#) | Photography and Social Media Management**

Albert specializes in food, portraits, and events. Featured in Michelin Guide, The Washington Post, Washingtonian Magazine, Washington City Paper, Eater DC, and BYT. Provides creative content for Daikaya Group, Sauf Haus, Kaz Sushi Bistro, and Calvert Woodley Fine Wines and Spirits.  
Email: [hello@theclicking.com](mailto:hello@theclicking.com) | Instagram: [@pootie\\_ting](https://www.instagram.com/pootie_ting)

- **[Spaeth Hill](#) | Visual Design**

We can articulate complex information into digestible + easy to read and content (but we also do a lot of other random things like design furniture, signage and interior spaces - check out the website).  
Email: [jill@spaethhill.com](mailto:jill@spaethhill.com) | Instagram: [@spaethhill](https://www.instagram.com/spaethhill)

- **[Justin Skeens](#) | Videographer + Photographer**

Specializes in marketing/film; has a photojournalist background.

- **[Sister Social](#) | Photography + Videography Creative Studio**

Emily Belson and Carla Stubbs, real-life sisters, create visual content to make your brand shine. From capturing a single special project to providing on-going content creation and social media support, we're here to create the best possible visual experience for your customer and clients.  
Email: [hello@sistersocialmedia.com](mailto:hello@sistersocialmedia.com)

- **[Leah Judson](#) | Photographer, Art Director & Storyteller**

Storytelling is more than a buzzword and Leah weaves her love for people in her intimate portrait work, her vision to support redevelop brands, and her use of video to combine all of those elements together.  
Email: [leah.a.judson@gmail.com](mailto:leah.a.judson@gmail.com) | Instagram: [@leah.judson](https://www.instagram.com/@leah.judson) | [www.leahbeilhart.com](http://www.leahbeilhart.com)

- **[Obi Okolo](#) | Principle Designer, Creative Director, Photographer**

A multidisciplinary creative endeavor. We're a Creative Director, Art Director and Photographer, PR Specialist, Designer, and Artist, designing solutions and attempting to tell compelling narratives - through practice, relationship, and rest.  
Email: [obi@stagcreative.co](mailto:obi@stagcreative.co) | Instagram: [@obi.stg](https://www.instagram.com/@obi.stg) | Buy special prints on our [print shop](#)

- **[Sam Pennington of Penn District](#) | Interior Architecture & Design**

Penn District is a full service design firm specializing in interior architecture and design, graphic design, and experiential event production.  
Email: [sam@penndistrict.com](mailto:sam@penndistrict.com) | Instagram: [@penndistrict](https://www.instagram.com/@penndistrict)

- **[ANIMA DESIGNS LTD](#) | Motion Designer, Art Director & Video Editor**

A generalist designer. I specialize in Motion Design, Video Editing and Art Direction creating solutions for your brands, services and products. Charles Agnew  
Email: [anima.designs.ltd@gmail.com](mailto:anima.designs.ltd@gmail.com) | Instagram: [@anima.designs.ltd](https://www.instagram.com/@anima.designs.ltd) | Buy artwork [Shop](#)

## Art

- [Reggie Black](#) | **Artist & Designer**  
Selling prints and products in his online shop. Available for art commissions, and graphic design/branding projects.
- [Billie Claire Handmade](#) | **Artist and Illustrator**  
Prints available on her website, live virtual workshops on hand lettering, and available for custom artwork.

## Pregnancy & Children's Services

- **Kris Brewer | PostPartum Doula Support**  
Email: [kris.bewer25@gmail.com](mailto:kris.bewer25@gmail.com)
- [Corinne Zmoos of Crescendo Communication](#) | **Speech Therapy & Children's Music**  
Offering sliding scale *teletherapy* and consultations for children who are late talkers, have Autism Spectrum Disorder, or other diagnoses that impact communication. For adults, offering collaborative sliding scale *voice therapy* to target laryngeal tension, chronic cough, or help change vocal behavior (confidence, fatigue at end of day, glottal fry, etc). Offering inclusive, *virtual singalongs* for children until April 1st with financial assistance if needed.  
Email: [crescendocommunicationDC@gmail.com](mailto:crescendocommunicationDC@gmail.com) | Insta: @crescendo.communication

## Fashion & Beauty

- [Marquita Chambers of Artistry by Marquita](#) | **Freelance Makeup Artist**  
A mobile beauty company which provides hair and makeup services for weddings, events and a range of commercial productions in the DC metro area & beyond.  
Email: [connect@artistrybymarquita.com](mailto:connect@artistrybymarquita.com)
- **Tara Luizzi of TaraStylesDC | Wardrobe Consulting & Virtual Closet Edits**  
A personal wardrobe consultant business that helps clients define their personal style and develop a wardrobe that works for their body type and budget. TSDC offers closet edits, personal shopping, and putting looks together within their own closet. Right now TSDC is offering virtual closet edits and online shopping for \$125.00/hour plus a 15% discount for those who want to buy up to 6 hours gift cards for TSDC services which will be good thru September 2020.  
Email: [tara@tarastylesdc.com](mailto:tara@tarastylesdc.com) | Call: 202.271.8225
- [Kiley Smith | Professional Makeup Artist at Mara Hair Studio](#) | Fairfax, VA  
Kiley is trained in traditional makeup for beauty, bridal, stage, film and tv. You can purchase a gift card to use towards future makeup classes, makeup application, bridal makeup, etc. Purchase a gift card via [Mara Hair Studio](#) or schedule a virtual makeup class with Kiley. Email: [makeupartistkiley@hotmail.com](mailto:makeupartistkiley@hotmail.com)  
Instagram [@makeupbykiley](#)
- [MARA Hair Studio](#) | Fairfax, VA  
Founded by Jana Klavina in 2015, Mara Hair and Mode Studio strives to provide clients perfectly crafted hair and clothing styles that match their dream look. Located in old town Fairfax, this three time

award winner of “Best of Fairfax” serves its clients in a cozy, yet chic boutique. Purchase a gift card to support us! Insta: [@marahairandmode](#)

- **[DailyOutfit](#) | Personal Style Coach**

I teach you how to translate what makes you amazing on the inside into a personal style you inhabit with ease. Using my unique, trademarked formula, I lead clients through a transformational process to create and action your personal style. All products are online with full support from me! Offering free Style Challenges Calls to clear your style blocks & match you to a program if that’s what you need! Email: [allison@dailyoutfit.com](mailto:allison@dailyoutfit.com) Calendly: <https://calendly.com/dailyoutfit/30min>

- **[Carla Pressley](#) | Hair & Makeup Artist**

Carla & her team of beauty experts provides hair & makeup services for weddings, headshots, makeovers, branding sessions throughout the DC metro area & beyond. Email: [carla@carlapressley.com](mailto:carla@carlapressley.com)

## Retail & eCommerce

Check out [this large list of stores/restaurants offering gift cards to support them during this time.](#)

- **[Souk & Soul](#) Home Decor & Fashion Accessories**

Many of our events have been canceled. Shop online to support, or buy gift cards by emailing [Hello@soukandsoul.com](mailto:Hello@soukandsoul.com). A curated collection of ethically sourced Artisan made Moroccan Homeware and Accessories for the well traveled soul.

- **[Salt & Sundry](#) | Home Decor & Gifts**

Shop closed. [Shop online](#) to support during this time or purchase [e-gift cards](#) if you can!

- **[Goodwood](#) | Vintage Home Goods & Apparel**

Shop closed. Gift cards are available to purchase for use by emailing [julian@goodwooddc.com](mailto:julian@goodwooddc.com).

- **[Kicheko Goods](#) | Jewelry**

Shop closed. Shop online to support during this time. Free shipping offered in March + April. Gift cards are available for purchase.

- **[Shop Shelter](#) | Jewelry & Gifts**

Shop closed. Shop online to support during this time. Also offering one-on-one mentorship to businesses looking to establish a presence online or in retail stores.

- **[Shop Made In DC](#) | DC-Made Art & Gifts**

Shops are closed. [Purchase e-gift cards](#) to support during this time!

- **[Kathryn Zaremba](#) | Wallpaper**

Offering expedited shipping and free virtual tutorials for those wanting to brighten up their homes with wallpaper during this time.

- **[Appointed](#) | Stationery & Paper Goods**



Store closed. Shop online to support during this time. Producer of beautiful paper goods and work tools in the District.

- **[Kaleidos](#) | Women's Boutique**  
Shop is closed right now. Shop online to support! We're an online women's boutique and lifestyle brand carrying clothing from independent ethical designer brands, vintage women's clothing, nontoxic nail polish, handmade ceramics, and jewelry.
- **[Tribute](#) | Responsible + Transparent Retail**  
Shop is closed. Be home, stay safe and healthy and do whatever you can to support, follow and like small businesses and makers. A [Tribute gift card](#) is now available.
- **[Ivy Wild Beauty](#) | Non-toxic Makeup + Skincare**  
Store is closed, but you can shop all our products online - free shipping on orders \$50+! [E-Gift cards are also available](#). We're an independent, woman owned clean beauty store. If anyone is interested in collaborating virtually, send us an email or dm on Instagram!  
[General Email](#) | [Rachel Mulcahy](#), Owner | [Partnerships/collaborations](#) | Instagram: [@ivy.wild.beauty](#)
- **[Formed & Fashioned Vintage](#) | Consignment Accessories & Rare Finds**  
"A New Kind of Luxury" Newly launched Consignment shop on Etsy. Please support by purchasing an item and/or following us on Instagram: [@fandfshowroom](#)
- **[Steadfast Supply](#) | Gifts, Goods, & Events Celebrating Small Businesses from Across the Globe**  
March Events Postponed. [Ballston Quarter location](#) closed. [The Yards location](#) open w. very limited hours. Gift cards available [online](#). Virtual shopping available w. complimentary shipping on orders \$50+. Email: [info@steadfastsupplydc.com](mailto:info@steadfastsupplydc.com) | Instagram [@steadfastsupplydc](#)
- **[Mode Studio](#) | Clothing, Candles, Jewelry and more | Fairfax City, VA**  
Shop online or purchase a [gift card](#).

## Food

[Click here for a list of local grocery stores to shop at to help keep them alive and humming.](#)

[Click here for a list of resources available to food industry businesses.](#)

[Click here for a virtual tip jar to contribute to service industry workers.](#)

[Click here for the Coronavirus Workers Relief Fund \(from Restaurant Association of Metropolitan Washington\).](#)

[Click here for a list of local restaurants that are providing daily take-out and/or delivery services.](#)

- **[Glen's Garden Market](#) | Local Grocery in Dupont Circle**  
Grocery store and deli are open, with abundant safety protocols in place. Bar and cafe service have been suspended. Lots of alcohol available (bottles/six packs).
- **[Tres Creole Catering](#)**  
Full service caterer offering meals for low/no contact delivery or pick up during this extended social distancing period. The menu is updated weekly and includes kid friendly options.

- **[Aperture Coffee Roasters](#)**  
A small-batch coffee roasting company offering subscriptions for monthly or bi-weekly coffee bean delivery! Ground or whole bean. Also offering retail bags for shops and wholesale for cafes and restaurants.
- **[HoneyFlower Foods](#)**  
Offering small and large order delivery. Healthy, plant based and responsibly sourced prepared meals. We're currently stocking local hospitals to support their needs, and delivering meals to shelters and communities most in need. We can deliver to you.  
FOR DELIVERY: Call or text (301) 787-4308 | Instagram: [@HoneyFlowerFoods](#)
- **[AMAZI FOODS](#)**  
Amazi sells healthy, socially driven snacks, all of which are allergen-friendly, paleo & vegan certified, and conveniently packaged. We've lowered our shipping threshold to \$20 to help get snacks to your door.
- **[Little Wild Things Farm](#)** We're an urban farm producing highly nutritious, locally grown microgreens, ready-to-eat salads, shoots, and edible flowers. We're offering free home delivery every Wednesday in Washington, D.C. and offer delivery by courier 7 days/week. Order online [here](#). We're also holding a [virtual class](#) to learn how to grow your own microgreens at home on Monday 3/23, with the option to purchase a Farm-in-a-box microgreen grow kit. Visit us at Dupont Circle Farmer's Market every Sunday 8:30am-1:30pm and at Eastern Market Saturdays 9am-5pm.
- **[The Red Bandana Bakery](#)** is a 100% gluten-free and other allergy-friendly bakery in downtown Bethesda. We offer healthy soups/salads/sandwiches as well as loaves of bread & rolls, plus sweet treats like cookies, muffins, cupcakes and more! Delivery and pickup options available on our website and the major delivery apps--available 10am-7pm daily. Instagram: [@TheRedBandanaBakery](#)
- **[MightyMeals](#) | Local Meal Delivery Service**  
Get dietitian-approved, chef-prepared meals made with the highest quality ingredients in our Burke, VA kitchen, delivered to your door! It is our top priority to maintain the highest level of cleanliness in our kitchen. Home Delivery is FREE with Orders of \$130 or more. Meals can be frozen for up to 3 weeks! Order by midnight on Thursdays for Saturday and Sunday delivery and by midnight on Monday for Wednesday and Thursday delivery. \$25 OFF First Two Orders w/Code MEAL25!
- **[Soupergirl](#)** | A Local DC Women Owned Soup Company  
Soup-based meal options that are vegan, kosher, gluten-free and nut-free. Order by 9:00 AM Monday through Wednesday and your Souper Meals will ship the very same day!
- **[Commonwealth Joe Coffee Roasters](#)** is the leading tech-enabled specialty coffee company offering full-service, kegged beverage programs with Nitro Cold Brew and other craft beverages on tap. CWJ delivers amazing beverage experiences where people work, live, and play. We also offer freshly roasted beans at our [online shop](#). **Text "freshly-roasted" to 31996 for 10% off your order.**
- **[Odd Provisions Gourmet Market](#)** is located in the heart of Park View and is open and stocked with local provisions from the region. **Updated hours are M-F 11am-8pm / Sa-Sun 10am-8pm.**

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# Resources For Freelancers

- **Access pro-bono consulting and coaching:** Feel free to tap one of the following companies who are offering consulting/coaching support for free (including my own)
  - **Manifesta:** Pro-bono executive coaching and consulting for business leaders, owners and executives -- to listen, guide, encourage, support team building efforts during this time and beyond. Email [amira@manifesta.co](mailto:amira@manifesta.co)
  - **The Winston Agency:** Pro-bono consulting on crisis messaging/rapid response strategies: [bess@winstonagency.com](mailto:bess@winstonagency.com)
  - **Mission Partners:** Offering up to 5 pro bono engagements to support nonprofits, associations, and foundations with messages, materials development, donor communications and crisis strategies related to COVID-19: [carrie@mission.partners](mailto:carrie@mission.partners)
  - **Windmill Hill Consulting:** Offering up to 5 pro bono short projects for nonprofits and association foundations to develop fundraising strategy, board and leadership fundraising coaching related to COVID-19 donor outreach and fundraising. [boreilly@whillconsulting.com](mailto:boreilly@whillconsulting.com)
- **AARP Foundation Self-Saver:** Free bookkeeping and tax preparation tool for self-employed adults. Provides essentials all-in-one place: a tax calculator, automated withholding on 1099 income, expense itemization, and quarterly filings to the IRS.
- **For Artists:**
  - [COVID-19 Freelance Artist Resources](#)
  - [Artists, submit your work](#) to the Social Distancing Festival
- **For Small Businesses and Employers:**
  - [CDC's Resources for Businesses and Employers](#)
  - [USBA | Guidance for Businesses and Employers to Plan and Respond to COVID-19](#)
  - [Get Free Airtime](#) on Tommy McFly's Radio Show
  - [Sign up for Updates from Facebook's Small Business Grants Program](#)
  - [Coronavirus HR Comms & Resources Guide](#)
  - [Leading and Working Through a Pandemic | Harvard Business Review](#)
  - [A Guide to Managing Remote Teams | Know Your Team](#)
  - [Protecting Your Business During the Coronavirus Pandemic | SKED](#)
- **For Nonprofits:**
  - [COVID-19 Tools and Resources for Nonprofits](#)
- **For Everyone:**
  - [Managing Stress & Anxiety Through COVID19](#)
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- MUSIC:
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