Breathing Room Foundation
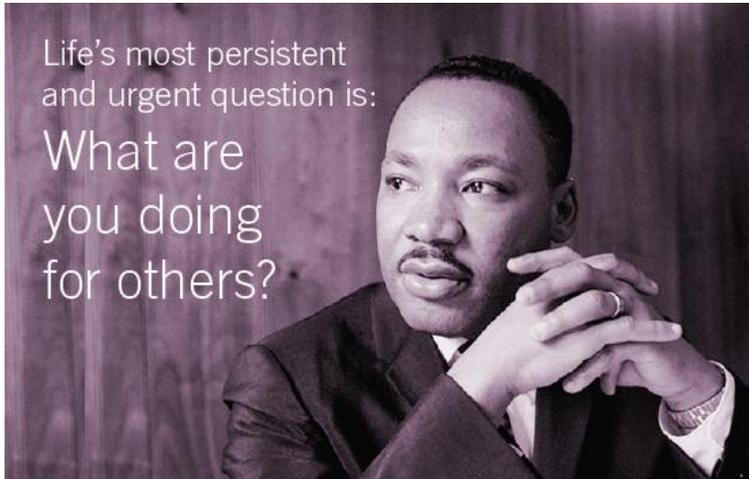
for families affected by cancer

Dr. Martin Luther King Jr. Day of Service 2022

The current challenges we are facing are unique, but there are still ways to help our Breathing Room families affected by cancer and Covid on **Monday, January 17**.

"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

Breakfast Food Donations: We are in need of breakfast foods to add to our BRF Care packages.

The following items are in demand for our families: cereal, pancake mix with syrup, fruit cup, oatmeal packets, breakfast/granola bar, boxes of raisins, peanut butter, jelly, 100% fruit juice and hot chocolate packets. Feel free to add your child's favorites to your donation.

Valentine "Share the Love" Program: Create handmade Valentine cards or crafts to share with our families in February. **Deadline for your Valentines is Monday, February 7.**

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. These bags are easy to assemble 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.**

Deliver to the BRF office: **8310 Brookside Road, Elkins Park, 19027. Please pull to the back of our office to drop off your donations in the bins on the enclosed back porch.**
Email eileen@breathingroomfoundation.org or call (215) 277-1006 for more information.