

**The time is always right to do what is right.**

Reverend Dr. Martin Luther King, Jr.

# **BRF CELEBRATES MARTIN LUTHER KING JR. DAY 2023**

LOOKING FOR A SERVICE OPPORTUNITY THIS MLK DAY?

BRF SERVICE OPTIONS INCLUDE:

- **BRF Care Packages:** Organize a collection among your family, friends, coworkers or classmates to support our BRF families. Our current needs are soups, peanut butter and jelly, mac and cheese, hot chocolate and breakfast cereals.
- **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 office is Monday, February 6.

For more details, email  
[eileen@breathingroomfoundation.org](mailto:eileen@breathingroomfoundation.org) or  
call (215) 277-1006.

