



**Breathing Room
Foundation**

VOLUNTEERING

FOR THE BREATHING ROOM

Your support provides local families fighting cancer a moment to breathe, to have more quality time to spend with their family, and to feel supported through a difficult time. Contact our Volunteer Coordinator Jaci with any questions at jaci@breathingroomfoundation.org. Here are ways you can help.

Support the Children's Programs

One of BRF's major areas of focus is ensuring that children impacted by cancer, through their own diagnosis or that of a family member, continue to have positive childhood experiences.

SPRING MAR-APR

Sponsor a family or donate items for inclusion in Spring, Easter, Eid, and Passover baskets for children to enjoy!

BACK TO SCHOOL JULY-AUG

Fill backpacks with back-to-school supplies tailored to each child's interests!

THANKSGIVING NOV

Sponsor a family or hold a collection of Thanksgiving food items.

HOLIDAY NOV-DEC

Sponsor a child, a family, or shop our wish lists to help celebrate the Holiday season.

Support from Your Home

MAKE A MEAL

If you're a cook or a baker, we are happy to help coordinate the delivery of home-cooked meals and desserts to BRF families - fresh or frozen!

PACK SNACK BAGS

Making snack bags is an easy way to engage volunteers of all ages - even little kids! Pack as many snack bags with a variety of 3-4 snacks and a thoughtful message in a quart-sized ziploc bag for a great group or individual activity.

MAKE CARDS

We include homemade cards with thoughtful messages with all of our deliveries - homemade cards bring a smile to our recipients!

SHARE YOUR TALENTS

Bracelets with inspiring messages, beautiful home-grown bouquets - what's your passion? We are so grateful to coordinate little surprises for BRF families.

Volunteer at Events

Our major annual fundraisers are listed below. We need volunteers on the day of events to help set up and run the events. We also have planning committees that run year round in support of the events.

COMMITTEE WORK CONTINUAL

GOLF OUTING MARCH

CORNHOLE TOURNAMENT SEPT

VALLEY ROAD RUN SEPT

A TOAST TO LIFE OCT

Engage Your Community

HOST A COLLECTION

Winter warmth supplies, house-cleaning items, blankets, and more - we are always looking to send support to recipients. Hosting a collection is a great way to work with your neighborhood, church, school, club, or any group.

THIRD-PARTY FUNDRAISER

Host a lemonade stand, kickball tournament, or trivia night - whatever you are interested in! These proceeds support vital BRF programming like providing transportation to life-saving cancer treatment.

PARTY & PACK

Host a get-together to pack snack bags, bake cookies, or simply share the Breathing Room's message with your friends.

Join our Delivery Drivers

BRF delivery drivers are the unsung heroes of our mission! Deliveries are made to our families daily throughout Philadelphia and the surrounding counties. Our daily deliveries can include comfort bags, care packages, home-cooked meals, and more. Delivery volunteers are also needed for each children's program.