

16 ways you can help!

At the Family Enrichment Center (FEC), family is at the heart of everything we do.

Since 1992, we've touched the lives of more than 4,000 children and families in crisis by lending support to parents who need help providing their children with the quality of life they deserve.

In recognition of our 16 years of service, we've developed a list of 16 simple things anyone can do to help us continue rebuilding our communities...one family at a time.

Foster Care / Adoption

- 1** Contribute materials (computers/software/parenting books/videos) to the resource library.
- 2** Donate a Wal-Mart, Target, or Babies R Us gift card.
- 3** Provide movie or dinner passes.
- 4** Purchase theme park tickets.
- 5** Volunteer home repair services.
- 6** Donate a hotel/resort weekend for foster parents.
- 7** Wear a blue ribbon during May in support of National Foster Care Month.
- 8** Help a foster youth create a photo album.
- 9** Volunteer to make presentations to community groups.
- 10** Donate school supplies.
- 11** Make a secure pledge on FEC's web site at www.fectampa.org.
- 12** Encourage your company to match employee pledges.
- 13** Volunteer your expertise (for foster parents in-service training).
- 14** Donate grocery store gift cards (purchase formula, diapers, etc.).
- 15** Reward family support staff (FDS) with lunch/donuts/coffee.
- 16** Donate necessary licensing items such as fire extinguishers, lock boxes and cabinet locks.



**Family
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Grandparent Assistance Program

- 1 Donate new clothing items.
- 2 Provide a phone card or donate your old cell phone.
- 3 Purchase grocery store gift card.
- 4 Provide a computer.
- 5 Sponsor an educational field trip.
- 6 Donate a vehicle.
- 7 Provide an emergency monitoring system device.
- 8 Donate new or gently used furniture.
- 9 Have a home professionally cleaned.
- 10 Provide lawn care services.
- 11 Sponsor a child's participation in school activities.
- 12 Donate tickets to local attractions.
- 13 Hire a mechanic to cover minor vehicle repairs.
- 14 Provide snacks/food for agency sponsored events.
- 15 Purchase toys and books.
- 16 Buy cleaning supplies and other household items.

Residential: Nya Weeh Group Home for Girls

- 1 Volunteer as a mentor.
- 2 Organize a fundraising event to provide needed supplies.
- 3 Provide school supplies.
- 4 Buy an alarm clock.
- 5 Volunteer to tutor.
- 6 Provide an internship or apprenticeship at your local business.
- 7 Supply board games or other forms of entertainment.
- 8 Buy a magazine subscription.
- 9 Provide a gift certificate for a manicure or pedicure.
- 10 Help shop for food, clothing and other essentials.
- 11 Provide cooking lessons.
- 12 Donate a bus pass or voucher.
- 13 Provide tips on grooming.
- 14 Help develop a monthly budget.
- 15 Provide feminine hygiene products.
- 16 Offer gift certificates to a hair salon.



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