

# VALLEY STRONG

## *Pledge Form*

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How would you like to help your community?

When are you available to help?

### Contact Information

Print Name:

Organization (if applicable):

Address:

Email and Phone #:

Interested in joining mailing list for future events (check box)

*Completed forms can be mailed to:*

VALLEY STRONG

Northern Dauphin Human Services Center

295 State Drive

Elizabethville, PA 17023

*For more information, please call (717) 905-2700*



*Growing healthy, safe, and resilient children and families in  
Northern Dauphin*

# VALLEY STRONG

## Yes, I want to give back to my community through supporting VALLEY STRONG!

### How I will support the communities of Northern Dauphin:



#### *If you have a minute:*

- A smile and hello goes a long way
- Display Valley Strong campaign materials at your home/business
- Help a neighbor
- Practice acts of random kindness
- Pick up litter/recycle
- Tell someone they did a good job
- Thank someone who did you a favor or helped someone else

#### *If you have one hour:*

- Invite a speaker from the community to give a presentation on a mental illness
- Contact groups like NAMI or MHA to provide educational material on mental illness
- Grocery shop for a neighbor in need
- Shovel snow/cut grass for a neighbor
- Encourage a teen to stay in school
- Encourage a community atmosphere on your block
- Discourage drug use
- Promote gun safety
- Knit a hat/scarf for a neighbor
- Donate snacks to a local youth center

#### *If you have more time:*

- Sponsor a VALLEY STRONG Community event
- Sponsor a TV blackout event to encourage kids to spend time with their family rather than watch TV
- Volunteer at the Northern Dauphin Human Services Center
- Volunteer at your child's school
- Volunteer at a food pantry
- Volunteer at the library
- Volunteer at the YMCA
- Volunteer as a family
- Organize a food/clothing/eyeglass drive
- Organize a walking school bus in your neighborhood
- Organize a job bank
- Host an afterschool activity for children in your neighborhood
- Plant a community garden
- Become politically active
- Teach a class about something you love
- Take a class about something you would like to learn more about

## PLEDGE FORM

*Let us know how you will help. Please complete the information below:*

Volunteer interests (please check box):

- Tutoring
- Mentoring
- Transportation
- Special events
- Community clean up
- Donation of:
- Other:

*Please also fill out the other side of this page*