



Help stock the Warming Station

As the colder weather approaches, we are looking to restock our Warming Station at the Dickson Family Y.

If you would like to help, there are multiple ways:

The Pantry- we can offer a small meal or snack to someone who may not have eaten that day.

- Cheese or Peanut butter crackers
 - Protein or granola bars
 - Plastic cutlery, napkins, plates/bowls
 - Water, hot chocolate packs and sport drinks
 - Easy open canned soup, tuna packets, etc...
 - Re-closable bags
-

The Closet- we can offer some basic items to help provide comfort.

- Individual first aid kits
 - Small bibles and inspirational pamphlets
 - Handwarmers and reusable water bottles
 - White bath towels
 - backpacks, carabiners
 - Pillows, pillowcases and fleece blankets
-

Volunteers- we are always looking for volunteers to provide meals or stay overnight so we may open our facility to the public. Our door is open to anyone needing a warm meal or a place to stay whether you are homeless or not.

Responsibilities include assisting visitors with cots, towels, and serving them a warm meal. The time slots are from 7pm to 1am and 1am to 7am. We are required to have a least 1 male and 1 female per shift. You must be 21+ years to volunteer, however, if you are 18 and older, you may accompany another volunteer who is at least 21.

**Please bring donations to the Dickson Y at 225 Henslee Drive, Dickson, TN.
For more information, contact Mary Beth at the
Dickson Y (615) 326-7070 .**