

# Help from Home

## REMOTE VOLUNTEER PROJECTS

*Please practice precautions and adhere to any social distancing guidance from the authorities where you live if you choose to go to retail businesses to purchase any items needed to complete these projects.*

### Make a donation online by visiting our [website](#)

Your gift allows RMHC CTX to continue providing lodging and support services to families of pediatric patients during this stressful time.

### Create messages of hope & encouragement for our guest families

RMHC staff will post these messages throughout the House and Family Rooms to brighten our families' days. Here are some easy options:

1. Use your dry erase markers and draw a picture or write a message of hope on your window. Snap a picture, share it on social media, and tag RMHC-CTX.
2. Make a sign, take a picture, and email [info@rmhc-ctx.org](mailto:info@rmhc-ctx.org).
3. Send us a funny dad joke!



### Toiletry Kits

Do you have a TON of travel-sized toiletries? We can use those! Use a ziplock to create a toiletry kit for our families. Kits should include a toothbrush, toothpaste, deodorant, shampoo, conditioner, body wash, hand sanitizer, and facial tissue.



### Create greeting cards

Use your creativity to design handmade cards for staff or families to use. We use the following types of cards: Birthday, Thinking of You, Congratulations, Thank You, and blank cards.



### Provide a Meal for our families

Would you like to provide meals to the families we serve? Visit our [website](#) for opportunities to have meals delivered to our House, or to one of our Family Rooms!

### Crochet or sew hats for our NICU babies

These adorable beanies are perfect for our tiny friends! Find instructions [here](#).



### Use Amazon to order our Wish List Items

This is the easiest one yet! From the comfort of your own home, order anything from our Wish List and it will be delivered directly to our door! Our lists include everything from items for our Happy Wheels Carts, to snacks and supplies for the House! Check it out [here](#).

### No-sew/tie blankets

These cozy items can be for a baby, child, or twin size! Please wash all fabric before delivery. Find instructions [here](#).



### Activity Packets

Assemble activity kits for children or adults! All items included must be new and unused. Kits could include:

1. Coloring pages
2. Simple instructions for easy origami shapes or figures
3. Trivia question sheets to share
4. Crosswords or word searches

### Make Wearable Masks

This is perfect for anyone that has leftover fabric from other projects! These can be made for kids or adults. Find instructions [here](#). \*Be sure to wash items before donating!



### Host a gift card drive within your community

Gather a group of friends and collect gift cards. These gift cards can be from HEB, Target, Walmart, Amazon, or a local restaurant. All gift cards will be used for meals, cleaning supplies, paper products, or given to families needing assistance.

Ready to deliver your generous gifts? All items from this list can be shipped to the RMHC CTX offices at any time at  
1315 Barbara Jordan Blvd., Austin, TX 78723  
3000 Briarcrest Dr., Suite 209, Bryan TX 77802  
but physical drop-off of these donations is temporarily suspended during the current health climate.