



Ways You Can Support MIKID Through the Year

Together for **Mental Health**

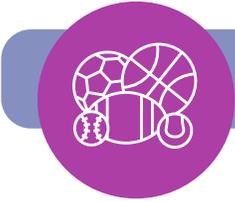
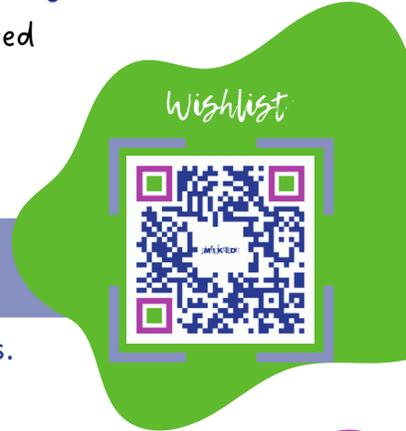
Your generosity helps youth & families thrive.



SPREAD JOY (OCT-DEC)

Help spread joy and hope with toys, gifts, food, or holiday meal items.

- Spaghetti & spaghetti sauce, mash potatoes, gravy, mixed vegetables, cranberry sauce, stuffing, turkey
- Holiday gifts & toys for youth (0-17 years old)
- Gift cards & monetary donations



INSPIRE CREATIVITY (JAN-MAR)

Help youth express themselves by donating art supplies.

- Paint sets, brushes, canvases
- Sketchbooks, colored pencils, markers
- Modeling clay, child-safe scissors, glue sticks



KEEP KIDS ACTIVE (APR-JUN)

Help youth stay active with sports or sensory items.

- Sports balls, tumbling mats, catcher's mitts, plastic bats, hula hoops
- Exercise bands, dumbbells, yoga mats, sand tables
- Passes to movie theaters, museums, zoos, etc.



EQUIP STUDENTS FOR SUCCESS (JUL-SEPT)

Help build learning and coping skills by donating essential supplies.

- Classroom essentials (notebooks, pens, folders, etc.)
- Hygiene items (soap, shampoo, deodorant, etc.)

