



SOPHIA'S HEART

One Heart Touching Many

Needs List: *WAYS YOU CAN HELP*

There are many opportunities to get involved at Sophia's Heart that range from painting rooms, helping with the courtyard and garden, mentoring and tutoring families and children, volunteering to teach children in our music program, kitchen or front desk assistance and so much more. The list is long; so gather your passion, find your niche, and jump right in!

- Financial Donations:
 - Donations of any amount are accepted
 - Make donations online or mail to: Sophia's Heart, 2479 Murfreesboro Rd., #515, Nashville, TN 37217
 - All donations are tax deductible
- Sponsor a family:
 - It cost approximately \$125 per day or approximately \$3,750 a month to house a family.
 - It cost approximately \$12,000 to do a total room renovation for a family to live in. Donor plaques are provided outside each room.
- Kitchen, Office, Cleaning, First-Aid & Toiletries Donations:
 - Help us stock our commercial kitchen with: food; meat, dry goods and frozen items, cooking and eating utensils, pots and pans, dish towels, dish detergent, paper and plastic goods
 - Office supplies: copy paper, pencils & pens, name tags, art supplies; scissors, glue, markers, crayons
 - Toiletries: toilet paper, paper towels, hand soap, shampoo, conditioner, razors, shaving cream, diapers, baby wipes, toothpaste, mouthwash, deodorant, combs, brushes, feminine products, tissue, soap, lotion
 - Cleaning supplies: commercial grade paper towels, 55-gallon garbage bags, cleaning solutions, laundry detergent
 - First-Aid: band-aids, bandages, ointments, tweezers, gauze, gloves, antiseptic wipes, ibuprofen, aspirin
 - Appliances: refrigerators, washers, dryers, space heaters, a/c units
- Donations for renovation projects:
 - HVAC unit
 - Roof repair
 - Family room build-out
 - Music and video production room build-out
- Donation of time, skills or service:
 - Paint or assist with room renovation
 - Teach a class
 - Tutor a child
 - Cook a meal
 - Help with the facility maintenance & lawn care
 - Provide telephone-a-thon assistance
 - Help with administrative duties



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- Become a live-in, part-time or special event volunteer:
 - Sign up for an extended stay at our facility to assist families in the program
 - Volunteer at special events (i.e. Gala, Open Houses, etc.)
- Endorsement: Share what we are doing with your company, church, family and friends.
 - Tell them about the positive things that are happening at Sophia's Heart.
- Influence: Share your influence by getting others involved.
 - Refer them to our Center or bring them to an event. (Executive Lunch & Learn, Open House, etc.)
- Referral: If you know of a family experiencing homelessness please refer them to our program.
- Input: Share your expertise with us so we don't have to 're-create the wheel'.
 - Brainstorm with us. Share your ideas.
- Host a fundraiser: If you are part of an organization or group that promotes community involvement consider hosting a fundraiser on behalf of Sophia's Heart. Contact Sophia's Heart for fundraising guidelines.
- **Pray.** We need prayer partners.

If you have additional questions or would like to receive more information about the organization and its needs, please feel free to reach us at the contact information listed below; or better yet come by, take a tour and see first-hand how we are changing lives. Thank you in advance for your support.

Email: info@sophiasheart.org

Phone: 1-800-595-6269

Fax: 1-888-366-1190

Facebook: Sophia's Heart Foundation

Mailing address: 2479 Murfreesboro Rd, #515, Nashville, TN 37217