

3 ways to help those who are homeless and in need of help:

It's such a challenging moment...sitting at a stoplight, eye to eye with an elderly gentleman holding a sign..."Homeless and hungry. Anything helps. God bless."

We see them, we care, we want to help, but how? What can you really do in 30 seconds? Give money? Is that best?

We know and understand the dilemma. Here are 3 things you can do in 30 seconds to help without hurting:

We can't begin to understand the complexities of a person's situation in a moment, but we can help connect them with resources, alleviate the pangs of hunger for a few hours, and (maybe most importantly) let that individual know that they are not invisible to us. There is something powerful in eye contact, a warm smile, and knowing that someone cared enough to stop and help. It may be a 30 second encounter, but it can make a difference.

1

Build care kits in gallon zip lock bags to keep in your car. Include items like:

- non-perishable foods
- peanut butter crackers
- fruit cups
- granola bars
- jerky
- water
- antibiotic cream
- handi-wipes
- lip balm
- bug repellent
- seasonal items like Hot Hands for cold months and sunscreen for summer days.

2

Print THIS resource list and keep it accessible.

3

Purchase gift cards from various easy-to-find restaurants. McDonald's, Wendy's, Burger King, etc. It can be such a relief to step indoors, enjoy a hot meal, and have access to a public restroom as a paying customer.

RESOURCES IN CONWAY

CAPCA

707 Robins St. Suite 118 | 501-329-3891

Hotel vouchers, outdoor living supplies, rehousing programs, and food pantry.

Conway Ministry Center

225 E. Robins | 501-358-6098
Monday through Friday 9am-10am
Nonperishable food packs, outdoor living supplies, clothing, food pantry, case management, and rehousing programs.

Bethlehem House

1115 Parkway St. | 501-329-4862
7 days per week @ Noon
Hot lunch and applications for transitional housing.

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