

# 14 different ways to give women a place of hope and change.



1

Cook a meal for Helen's Place

2

Volunteer at the Donation Center

3

Advocate for affordable housing

4

Donate from our Amazon Wishlist

5

Cook a meal for Sophia's Place

6

Share how you support The Sophia Way

7

Stock up the pantry at the shelters

8

Volunteer as a Shelter Assistant

9

Join the Support Network

10

Host a Community Brunch for women at the shelters

11

Attend a TSW101 to learn about volunteering

12

Provide hot breakfast on weekends

13

Host a paper products donation drive

14

Make a financial gift