



This year, we have made one change to our sign up calendar for Helen's Place. Instead of a single slot of 40 meals, we now have two slots for 20 meals each. You can now choose to provide the full 40 meals or sign up for 20 meals. If you choose to provide the full 40 meals please select both slots.

Sign up for a one-time meal donation or be a regular donor. You can select a date in advance, possibly to commemorate an important or meaningful day for you. We also have opportunities on the weekend to provide a hot breakfast.

Sophia's Place in Bellevue
Lunch for 30 women
Dinner for 21 women

Helen's Place in Kirkland
Lunch for 40 women
Dinner for 40 women

[Sign Up](#)

[Info & Guidelines](#)



Shelter Assistants

Support staff in the kitchen area during lunch time at our shelters.

When: Every day, 10 am to 1 pm
Where: Helen's Place in Kirkland and Sophia's Place in Bellevue

As this is an in-shelter opportunity, volunteers must be women, 16 years and older, have a valid food handlers card and vaccinated for Covid-19.

All volunteers will receive an orientation.

Donation Center Assistants

Our community is very generous with in-kind donations and we need help in sorting and recording the items.

When: Thursdays, 12 - 2 pm
Where: Donation Center in Bellevue



[Sign Up](#)

[Email Megan Duncan](#) for more details



Support women at our shelters by purchasing much needed supplies from our [Amazon wishlist](#). The items are shipped directly to us, making the process contactless.

This quarter, we are requesting breakfast items. These items can be found on our [Amazon food wishlist](#) or you can [contact us](#) about dropping off items in-person at our Donation Center.

You can also choose to host a Donation Drive. It's a good opportunity to involve children and friends. Help us get the word out about these needs!

Breakfast Donation Drive

- Apple Sauce (individual cups)
- Boxes of cereals
- Instant oatmeal (individual packets)
- Granola bars
- Nuts
- Dried fruit
- Trail mix
- Coffee
- Tea bags
- Carnation Breakfast Essentials High Protein Powder Drink Mix

For more information and questions about meals, volunteering, and donating in-kind, please email [Megan Duncan](#) Volunteer & Engagement Coordinator.

Be Our Champion

Please take a moment to follow, like, tag, and share our social media channels. Your support will help create greater awareness about women experiencing homelessness, and the programs and services of The Sophia Way.



[Unsubscribe](#)

The Sophia Way

<https://sophiaway.org/>