

# Small Essentials. Big Difference.

Supporting health, dignity, and recovery.

---

## DIY Volunteer Opportunity

Personal Care – Spring 2026

---

### Drop-Off Dates

Tuesday, April 28 | 11am–2pm

Thursday, May 7 | 11am–2pm

Wednesday, May 13 | 11am–2pm

### Location

RBHA

107 S. 5th Street

Richmond, VA 23219

(Contactless drop-off available)

*We will be set up outside to receive donations.  
In case of inclement weather, we will move just  
inside the garage located beside the main  
entrance.*

---

### Why It Matters

Many individuals receiving services at RBHA lack access to basic hygiene products. Without these essentials, daily life can feel even more overwhelming.

Access to personal hygiene supplies promotes:

- Physical wellness
- Emotional confidence
- Self-respect
- Readiness for recovery and opportunity

**Personal Care Kits provide more than essentials — they help individuals feel valued and empowered.**

## What to Include

(Each volunteer is asked to donate a minimum of 5 complete kits)

*\*Contributions above the minimum are welcome; however, we are only able to document up to 3 service hours per DIY project.*

Each kit should contain:

- 1 gallon zip-top bag
- 1 encouraging notecard
- Deodorant
- Disposable razors
- Toothpaste
- Toothbrush
- Bar soap
- Wash cloth
- Mouthwash (alcohol-free)
- Unscented lotion
- White socks (for men)
- Individually wrapped feminine care products (for women)

*\*Travel-size items are welcome.*

---

## ✓ How It Works

### 1. Gather Supplies

Purchase and collect items for at least 5 kits.

### 2. Assemble Kits

Place one of each item in each bag.

Add a personal note of encouragement.

### 3. Drop Off

Bring completed kits to RBHA on one of the listed dates.

---

## Make It Meaningful

As you assemble your kits, consider:

- How does access to hygiene impact someone's confidence?
- Why does dignity matter in recovery?
- What role can our family or group play in supporting others?

---

## Stay Connected

Follow us: [facebook.com/rbhfrva](https://facebook.com/rbhfrva)

Tag us: @rbhfrva

Learn more: [www.rbha.org](http://www.rbha.org)

---

## Questions?

[foundation@rbha.org](mailto:foundation@rbha.org)

804-819-4097

