DIY Volunteer Opportunity

Personal Care Kits – Fall 2026

Drop-Off Dates

Tuesday, December 1st 11am–2pm
Monday, December 7th 11am–2pm
Friday, December 18th 11am–2pm

Location

RBHA
107 S. 5th Street
Richmond, VA 23219

Why It Matters

RBHA serves more than 13,000 children and adults each year, including individuals navigating behavioral health and substance use challenges, people with developmental disabilities, and individuals facing housing instability or financial hardship. RBHA provides services regardless of an individual's ability to pay.

When resources are limited, everyday personal care items can become difficult to afford. Yet being able to brush your teeth, wash, put on deodorant, or have clean socks can affect much more than hygiene.

Access to personal care essentials supports health, dignity, confidence, and the ability to face the day feeling prepared.

Personal Care Kits are distributed to teens and adults receiving services across RBHA programs, providing practical essentials while also sending an important message: **you are worthy of care.**

Pack Care.
Build Confidence.

Everyday essentials that support dignity, health, and well-being.

RBHF RICHMOND BEHAVIORAL HEALTH FOUNDATION

What to Include

Each volunteer is asked to provide a minimum of 5 complete kits.

Each kit should contain:

- 1 one-gallon zip-top bag
- Deodorant
- Disposable razor
- Toothpaste
- Toothbrush
- Bar soap
- Washcloth
- Alcohol-free mouthwash
- Unscented lotion
- White socks for males or individually wrapped feminine care pads for females
- **1 handwritten note of encouragement**

Items may be travel size.

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

Make It Meaningful

As you assemble your kits, talk about the connection between basic necessities and dignity.

Consider:

- How might not having basic hygiene supplies affect someone's day?
- How are health, dignity, and confidence connected?
- What does it mean to care for someone we may never meet?
- Why can small acts of kindness have meaning beyond the items we give?

While registration is not required, it does help us plan for drop-off days and track volunteer participation.

CLICK HERE

to register

Your Note Matters

Please include a handwritten note in every kit.

You may never meet the person who receives your kit, but your words can help turn a collection of supplies into something personal — a reminder that someone in their community sees their value and cares about their well-being.

Keep messages brief, positive, and universal. For example:

- Wishing you strength and a good day ahead.
- Sending encouragement your way.
- Someone in your community is thinking of you.

How It Works

1. Gather Supplies
Purchase or collect enough items to assemble at least five complete kits.

2. Pack Your Kits
Place one of each appropriate item in each bag and include your handwritten note. Please clearly label each kit male or female.

3. Drop Them Off
Bring your completed kits to RBHA on one of the designated drop-off dates.