If you're needing some extra support right now, I'd love to help and provide for you in tangible ways.

| My name is: | |
|--|----------------------------------|
| I live close by at: | |
| • | |
| My phone number is: | |
| If you need extra support due to come no-contact care: | COVID-19, I can provide you with |
| Dropping off groceries | ☐ Calls or texts to check in |
| Picking up medication | Posting mail |

Just call or text me and I'll do my best to help you (for free)