UNITED IS THE WAY

A gift of \$1/week (\$52 gift) can provide



a professional dental exam through the Delta Dental Mobile Program to assess oral health and determine the necessary care to maintain optimal dental health.



to seniors and individuals in need through Active Generations' Meals on Wheels Program, ensuring they have access to regular, healthy meals and support in maintaining their well-being.



of independent living skills training through Volunteers of America, Dakotas' Axis180 program equipping youth with the tools to live on their own.

A gift of \$2/week (\$104 gift) can provide



eight copies

of "The Healing Your Grieving Heart Journal for Teens," to adolescents at the end of a group family session through Sad Isn't Bad, to help them navigate their grief journey.



three indivudals

a 30-day bus pass through The Community Outreach, providing them with reliable transportation until they receive their first paycheck.



five kits

of hygiene products through The Foster Network helping families with newly placed foster children provide essentials for a smooth transition.





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UNITED IS THE WAY

A gift of \$260 (\$5/week, Rising Heart gift) can provide



five sessions

of support group for suicide loss survivors through the Helpline Center's Suicide & Crisis Support program which can help individuals navigate grief and potentially reduce their risk of suicide, offering vital support during a difficult time.



twenty individuals

at DakotAbilities music therapy four times a month through the Meaningful Day program, providing a valuable opportunity for selfexpression and emotional support.



fifty-two students

with nutritious meals for one full weekend through Feeding South Dakota's Backpack Program ensuring access to food when school meals are not available.

A gift of \$520 (\$10/week, Heart Club gift) can provide



of educational toys and books through the Toy Lending Library, available for checkout by local families, helping lay the foundation for children's future success.



per participant through FRIENDSLink, an organization that fosters friendships between adults with differing abilities, helping build meaningful relationships that promote confidence and belongingness.



one month

of counseling for a survivor at The Compass Center, helping them develop coping strategies and work through the long-term effects of trauma.





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