



Service Opportunities for Martin Luther King Jr. Holiday 2024

Ideas that families can do on this day or any day:

- Coordinate a **food and coat drive** in your neighborhood. Invite neighbors to collect canned and boxed foods and/or coats and warm clothing in honor of MLK day. These can be dropped off at several different locations (below). Check each website for specific items needed and days/times for drop-offs.
 - CCAP [Donate or Volunteer | CCAP Winchester](#)
 - Winchester Rescue Mission [Current Needs | Winchester Rescue Mission](#)
 - Highland Food Pantry [Highland Pantry](#)
 - WATTS [WATTS - Winchester](#)
- Make **hygiene and necessity kits** to support people without homes in your community. These can include things like toothbrush and toothpaste, deodorant, soap, comb or hairbrush, lotion, shampoo, feminine products. You can pack sets of items in ziplock bags. These can also be dropped off at one of the organizations listed above.
- Spend the day of service in your local park or other green space picking up trash and making efforts to make your community more beautiful and accessible to all.
- Start a friends and family **Relay for Life Team** and plan to join our Winchester/Frederick County/Shenandoah University [Relay for Life](#) event on March 22, 2024 in the Wilkins Athletic and Events Center
- Check on your neighbors, friends, and family, especially those who are older or may be alone. A phone call, text, or a conversation through the door could brighten their day.
- If you don't mind waiting until February to do your family service project, consider signing up as a team to participate in the **Coldest Night of the Year** walk on February 24 to support the WATTS program (Winchester Area Temporary Transitional Shelter)
 - [WATTS Coldest Night of the Year 2024](#)
 - Or, you can join our Shenandoah University Center for Civic Engagement team and walk with us! Sign up here: [Coldest Night of the Year Fundraising Page for SU team](#). You can also use this link to donate to our team and help us reach our fundraising goal of \$1000.

- Engage your family in a **clean-out day** right in your own home, selecting furniture, appliances and home decor items that you no longer use or need. Donate these items to the Blue Ridge Habitat for Humanity [ReStore](#), where they can be used to generate funds to help provide affordable homeownership opportunities in our local area.
- Spend some time on this holiday researching our area's local non-profits and learning about the ones that serve in the areas that you are passionate about. Commit to volunteering for one of them in 2023, or make a one-time or recurring donation to support their programs. **In addition to the organizations listed above, here is a short list to get you started:**

Wheels for Wellness [Become a Volunteer | Mysite](#)

Provides free, door-to-door transportation to medical appointments and treatment for those in the region lacking other means of transportation

American Red Cross [Volunteer for the Red Cross](#)

Sinclair Medical Clinic [Become a Volunteer | Sinclair Health Clinic](#)

Free medical clinic for local residents

The Laurel Center [Volunteer Opportunities - The Laurel Center](#)

Intervention for domestic and sexual violence

Aids Response Effort [Get Involved - AIDS Response Effort](#)

Addresses the needs of those living with HIV, including testing, education, prevention, housing and more

Opportunity Scholars [opportunityscholars.org - OPPORTUNITY SCHOLARS](#)

Provides pathways for students to achieve a good career

Bright Futures [Bright Futures-Frederick/Winchester - Get Involved](#)

Focuses on the needs of local children in our schools

Girls on the Run [Volunteer | GOTR Shenandoah Valley](#)

Addresses the physical and local health of young girls

I'm Just Me Movement [I'm Just Me Movement](#)

A mentorship program for youth in our community

Winchester City Fire Companies [About Us | City of Winchester](#)

Olive Branch Food Pantry at Victory Church [Olive Branch Food Pantry](#)

Additional resources for those seeking volunteer opportunities:

Contact the [United Way of Northern Shenandoah Valley](#) to learn about many ways to serve our local community.

Connect with the “Our Health” Volunteer Action Center to learn about volunteer opportunities and service projects in our area. [Volunteer Action Center | Our Health](#)

Search [MLKDay.gov](#). Spearheaded by AmeriCorps, the site allows you to search MLK Day virtual and in-person volunteer opportunities in your community and explore numerous other resources.

If you are not able to get out and serve on MLK Day, you can spend some time learning about Dr. King's legacy

- Listen to Dr. King's Most Famous Speech, "I Have a Dream."
https://www.youtube.com/results?search_query=martin+luther+king+jr+speeches
- Read Dr. King's "[Letter from Birmingham Jail](#)"
- Read with your family. Here is a list of children's books (all ages) about Dr King.
<https://www.weareteachers.com/martin-luther-king-books/>
- Explore the many ideas and resources offered by Teach for America. Many items on this list came from their website.
<https://www.teachforamerica.org/one-day/ideas-and-solutions/19-resources-and-ideas-to-celebrate-the-mlk-day-of-service>