VALLEY STRONG
Pledge Form

How would you like to help your community?

When are you available to help?

Contact Information
Print Name:
Organization (if applicable):
Address:
Email and Phone #:

Interested in joining mailing list for future events (check box)

Completed forms can be mailed to:
VALLEY STRONG
Northern Dauphin Human Services Center
295 State Drive
Elizabethville, PA 17023
For more information, please call (717) 905-2700
Yes, I want to give back to my community through supporting VALLEY STRONG!

How I will support the communities of Northern Dauphin:

If you have a minute:
- A smile and hello goes a long way
- Display Valley Strong campaign materials at your home/business
- Help a neighbor
- Practice acts of random kindness
- Pick up litter/recycle
- Tell someone they did a good job
- Thank someone who did you a favor or helped someone else

If you have one hour:
- Invite a speaker from the community to give a presentation on a mental illness
- Contact groups like NAMI or MHA to provide educational material on mental illness
- Grocery shop for a neighbor in need
- Shovel snow/cut grass for a neighbor
- Encourage a teen to stay in school
- Encourage a community atmosphere on your block
- Discourage drug use
- Promote gun safety
- Knit a hat/scarf for a neighbor
- Donate snacks to a local youth center

If you have more time:
- Sponsor a VALLEY STRONG Community event
- Sponsor a TV blackout event to encourage kids to spend time with their family rather than watch TV
- Volunteer at the Northern Dauphin Human Services Center
- Volunteer at your child’s school
- Volunteer at a food pantry
- Volunteer at the library
- Volunteer at the YMCA
- Volunteer as a family
- Organize a food/clothing/eyeglass drive
- Organize a walking school bus in your neighborhood
- Organize a job bank
- Host an afterschool activity for children in your neighborhood
- Plant a community garden
- Become politically active
- Teach a class about something you love
- Take a class about something you would like to learn more about

PLEDGE FORM

Let us know how you will help. Please complete the information below:

Volunteer interests (please check box):
- Tutoring
- Mentoring
- Transportation
- Special events
- Community clean up
- Donation of:
- Other:

Please also fill out the other side of this page