



MAX

Welcome Home [Max]

10 STEPS

About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

When You Build a Kynd Kit - The Cycle of Impact



Tips for Building Your Kit

Helpful Tip for Building Your Kynd Kit

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

Spanish Translation Options



English	Spanish
Be proud of yourself	Siéntete orgulloso/a de ti mismo/a
Thinking of you	Pensando en ti
Sending love	Mandándote amor
You got this!	¡Tú puedes!
You are stronger than you seem, braver than you believe, and smarter than you think.	Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas.
This time will pass and good things are coming your way.	Deberías sentirte orgulloso/a.
Keep moving forward and fighting for that future!	El próximo capítulo de tu vida será mucho mejor.
Thinking of you during this time and sending warm, supportive thoughts your way.	Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.
Start where you are. Use what you have. Do what you can.	Empieza donde estás ahora. Usa lo que ya tienes. Haz lo que puedas hacer.
I know this won't be easy, but I also know you've got what it takes to get through it.	Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.

STEP 3 OF 10

Welcome Home Kit [Max]

Before You Build

This kit was designed with LifeMoves to help support their mission. LifeMoves is the largest provider of interim housing and services for homelessness in Silicon Valley. With 26 shelter and service sites from Daly City to San Jose (our two newest sites are Mountain View and Half Moon Bay). LiveMoves gives our neighbors experiencing homelessness a temporary place to call home while providing intensive, customized case management through both site-based programs and community outreach.

The case management teaches the skills that clients need in order to get back to and stay in stable housing and is often referred to as the LiveMoves “secret sauce.” 86% of families and 67% of individuals who engage in LifeMoves programs return to stable housing.

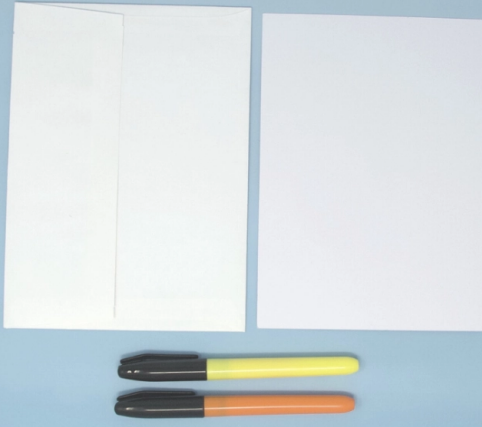
STEP 4 OF 10

Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.

Before



After



DIY Tote Bag

Decorate the Canvas Tote

Decorate the canvas tote to make it fun and colorful! Tip: place a piece of paper in the tote before decorating. This will prevent the marker from bleeding through the tote.



After



STEP 6 OF 10

DIY Wall Art

Help make those transitioning out of homelessness feel more at home by creating wall art for their new place. Write a quote or draw a picture on the blank canvas.

- Examples: Welcome home You are brave, you are strong, you are enough Meals and memories are made here Start each day with a grateful heart Do small things with great love Home sweet home
- Kit Builder Tip: Feel free to use your own favorite affirmations or search the internet for inspiration.

Surprise Kyndness Notebook

Decorate the outside of the journal with a picture or uplifting message. Use random pages in the journal to write short, uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.



After



STEP 8 OF 10

Pack The Welcome Home Kit

Pack all of the materials into the decorated tote and put it back into the original box.

- Please only include items that are UNOPENED and UNUSED
- Add any optional items you would like.

Optional Items to Add:

- Protein-rich snacks

- Self care items
- Cleaning supplies/products
- Hygiene items

Items not to include:

- Perishable items
- Sharp objects
- Nut food products
- Religious or political items

STEP 9 OF 10

Register My Kit (Optional)

Register your kit

To register and track your kits, you must visit the online instructions.

Registering your kit is optional.

STEP 10 OF 10

Thank You!

When you build a Kynd Kit, you create layers of impact for yourself and the community.
We appreciate your time and your support of our mission.

Cheers,

The Project Helping team