

CARE KITS

Ralston House and Reaching Hope have partnered together to provide families Care Kits to provide comfort and support and encourage self-care. The goal is to help individuals heal from trauma by providing a holistic approach to mental health services that address individual, relational, and systemic healing, ultimately fortifying the health of communities for generations to come. This kit was put together by the volunteers and staff.

Items:

1. Brochure - Learn more about Reaching HOPE and the services we offer.
2. Feelings Magnet - Check-in as many times a day as needed.
3. Empowering questions cards - Use as journaling or conversation prompts.
4. Sketchbook - Use as a way to connect throughout the week.
5. Coloring Pencils or Crayons - Used with the Sketchbook or the Coloring book.
6. Set of Uno Emoji Cards - Relax, have fun, and identify different emotions.
7. Coloring Book - Inspire connection and relaxation.
8. Journal - For family check-ins, journaling prompts, quiet reflection and creativity.
9. Fidget Toys - These can be used for coping, for concentration, and relaxation.
10. Box of Yogi Tea - Use this to encourage self-care within your household.
11. Scented lotion - Used to stimulate the senses and promote relaxation.
12. Deck of Letz Talk Cards - Promote healthy conversation whenever it fits.
13. Jar of Aromatherapy Squishy Dough - Relieve stress, promote relaxation.
14. PlayDough - Promote connection and creativity within your household,