

SERVE

YOUR COMMUNITY



IMPACT

This organization's mission is to provide services that help improve the quality of life for all the residents living in Northwest Baltimore City and the surrounding areas. They are dedicated to serving low to no income families/individuals and young adults (11 - 17years). They provide free food on a weekly basis to their community of around 150 people in Park Heights.

INSTRUCTIONS

- Step 1:** Spend some time learning about CFYS. Their website is a good place to start. <https://www.catherinesfamilyandyouthservices.org/>.
- Step 2:** Contact Valarie Matthews at VMatthews@catherinesfamilyandyouthservices.org about serving opportunities and current needs and for drop off times.
- Step 3:** Decide how you will be serving or supporting CFYS.
- Step 4:** If you are doing a drive or collection, set a date to bring items to the small group. Once you've gathered the items, spend time praying for the people who will be receiving them.
- Step 5:** Let us know how it went! Please give us your feedback by filling out this [form](#) so we can continue to improve your serving experience. If you have any questions, please email gracecares@gfc.org.

FUN IDEAS

- Bring your kids and family along to purchase or collect items.
- Go to CFYS and become familiar with the people they are serving.
- Take pictures and post them to social media using #GiveServeLove

Catherine's Family and Youth Services
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