



United Way of Northern Shenandoah Valley

# EVERY DOLLAR COUNTS

- Just like every person in the Shenandoah Valley

## HERE IS HOW WEEKLY CONTRIBUTIONS CAN MAKE A REAL IMPACT:

- \$1 PER WEEK** (\$52 gift) ▶ The supplies needed to perform 15 well woman check-ups
- \$5 PER WEEK** (\$250 gift) ▶ A hot meal for 75 kids suffering from hunger
- \$10 PER WEEK** (\$520 gift) ▶ The costs of 10 sessions of trauma focused therapy for an abused child
- \$20 PER WEEK** (\$1,040 gift) ▶ 20 dental visits for families who are living in poverty
- \$50 PER WEEK** (\$2,600 gift) ▶ Can move 50 families living in their cars into shelter for a night

These amounts represent average costs of some of the services that can help a family overcome critical obstacles. United Way NSV invests in these and other strategies and services to help create the conditions for every person in the Shenandoah Valley to rise up and thrive.

## UNITED WE RISE

### GIVE, VOLUNTEER AND ADVOCATE TODAY

Make your gift using one of these options:

- Click on the donation link from your workplace
- Complete and submit your pledge form
- Visit [UnitedWayNSV.org](http://UnitedWayNSV.org) to give instantly online

To volunteer or advocate with United Way, visit [UnitedWayNSV.org](http://UnitedWayNSV.org)

