



Circle the City  
healthcare for the homeless

## How to Make a Kindness Kit

Kindness Kits are essential to our outreach team at Circle the City. They are distributed by staff on Circle the City's Mobile Medical Unit. A Kindness Kit helps a homeless individual with their immediate needs and to also spread the news about our outpatient clinic the Parsons Family Health Center. This is an ongoing and grassroots means of informing potential patients about our primary care, behavioral health and wrap-around services for individuals and families experiencing homelessness.



### **Kindness Kits are easy to make. Each bag contains:**

- One bottle of water
- One granola bar
- One Chapstick
- One deodorant (travel size)
- Sunscreen (travel size)
- Hand wipes or hand sanitizer (travel size)
- A flyer with information about The Parsons Family Health Center (*Please reach out to CTC on obtaining bags and informational cards at 623-900-7671*)
- Any other helpful items: bus passes, bandanas, toothbrushes and toothpaste, new socks, gift cards to fast food restaurants, and notes of encouragement

### **Please DO NOT include:**

- Large toiletry items such as shampoo, conditioner, toothpaste, etc. (*travel size only*)
- Bars of soap
- Boxes of granola bars (*Please only include one individual granola bar*)
- Religious items or promotional material including information about other nonprofit organizations
- Any items not listed above

Learn more about Circle the City at: [www.circlethecity.org](http://www.circlethecity.org)  
Email: [info@circlethecity.org](mailto:info@circlethecity.org)