



30 Ways to Do One Thing That Matters for Abused Kids and Teens

Donate Things

1. Donate **quality art supplies**: paper, colored pencils, paints, brushes, art kits, small/med canvasses
2. Donate **prepackaged snacks**: goldfish, animal crackers, pretzels, string cheese, fruit snacks
3. Donate **juice boxes**. We go through more than 50 of these in our Intake department a month
4. Donate **small cans of playdough** or stress balls
5. Donate **magazines subscriptions** for both youth and adults to read in our waiting areas. Magazines in English & Spanish and suitable for children and families: ZooBooks, Highlights, Parents, Parenting, Family Circle, Family Fun, Southern Oregon Magazine, Ranger Rick, Girl's Life

Donate Services

6. We need to keep our **buildings safe and comfortable** for the youth we serve. Services can include carpet cleaning, window cleaning, painting the parking lot, painting the building, sprucing up our landscaping, cleaning out the gutters....

Volunteer

7. Volunteer **your time to work** in one of the CAC departments
8. Volunteer to work at our **Winter Gala and other CAC events**
9. Get trained to be a **facilitator** for our Protect Our Children child abuse prevention trainings
10. Volunteer to become a **Social Media Ambassador** and help spread the word about CAC socially
11. Serve on our **Board or Advisory Committee**

Sponsor

12. **Sponsor the Winter Gala, Cherish a Child Luncheon and other fundraising events**
13. **Sponsor a table** at the **Winter Gala**

Contribute Financially

14. Donate money to our **general operating expenses** to keep the CAC buildings safe and comfortable for the youth who come for services
15. Donate money to support our growing **Medical Department**
16. Donate money to support our **Therapy Department**
17. Make a donation on **#Giving Tuesday** and it will be doubled thanks to a matching donor
18. Become a **matching donor** for #GivingTuesday
19. Donate money to support a **therapy group for teen sexual abuse victims**
20. Donate money to support a **parents' support group**
21. Donate money to **insure that our services are available** for every abused child referred to CAC

Take Action

22. **Make a report** of child abuse when you suspect it
23. **Believe a child** when they tell you someone is hurting them
24. Take a **Protect Our Children child abuse prevention training**
25. Like, follow, comment on and share the **CAC social media** posts
26. Set up a **Protect Our Children child abuse prevention training** for your business or organization
27. Link your **Fred Meyer Rewards & Amazon accounts** to CAC so a donation is made every time you shop
28. Subscribe to our **Enewsletter**
- 29.. Make the CAC the **beneficiary of your fundraiser**
30. Be a **guest blogger** and share an inspiring story