



GRACE HELPING HANDS NEWSLETTER

MAY 2026 | VOLUNTEER EDITION | ISSUE No. 1

01/02

As we welcome the month of May, Grace Helping Hands remains committed to spreading compassion, support, and hope throughout our community, made possible by the dedication of our volunteers, donors, and supporters. In this month's newsletter, we're excited to share recent accomplishments, upcoming events, volunteer opportunities, and inspiring moments that highlight the meaningful impact we continue to create together.

Welcome to the very **first Grace Helping Hands Volunteer Newsletter!** We're excited to launch this space to **celebrate our incredible volunteers**, share updates on our impact, highlight community partnerships, and keep everyone connected to our mission of supporting women and children experiencing hardship across Maryland. Since beginning operations in August 2024, Grace Helping Hands has continued to grow through the dedication, compassion, and generosity of volunteers like you. Every hygiene kit assembled, donation sorted, outreach effort completed, and hour volunteered helps restore dignity and care to individuals in need.

Through this newsletter, we hope to share **volunteer spotlights, organization updates, upcoming opportunities, and meaningful stories** from the work happening each month. Most importantly, we want this newsletter to reflect our volunteer community, and we would love to hear your ideas for future editions. **Thank you for being part of the Grace Helping Hands family and for helping us make a difference- one kit at a time.**



GHH Updates: Keshav Sawhney



Keshav Sawhney has been a dedicated volunteer with Grace Helping Hands since **April 2025**, contributing his time and skills to data management, user management, and hygiene kit building efforts. Over the past seven months, Keshav has played an important role behind the scenes, helping keep operations organized while also supporting hands-on distribution preparation.

Outside of volunteering, **Keshav enjoys playing and watching basketball** during his free time. What he values most about volunteering with Grace Helping Hands is seeing **the collective impact of the community coming together each month.**

From donation drives to sorting and assembling kits, he appreciates the teamwork and coordination that go into making hundreds of hygiene kits possible for women and children in need. For Keshav, watching the kits come together each month is a reminder that every volunteer effort — big or small — truly makes a difference.

We are grateful for Keshav's commitment, positivity, and continued support of our mission.

GHH Updates: Kits

Imagine waking up with an itchy scalp from days without washing, irritated skin, and then unexpectedly getting your period without the basic products needed to manage it. What should be natural and manageable suddenly becomes another hardship to endure. These struggles are not just physical, they quietly affect a person's dignity, comfort, and peace of mind. A hygiene kit may not solve everything, but it can restore a sense of care, confidence, and humanity.

This April, Grace Helping Hands distributed 1,200 hygiene kits, more than double the 498 kits distributed last April.



Each kit represents more than supplies; it is a reminder that everyone deserves access to basic care and the ability to face daily life with dignity. Thank you for helping us turn uncertainty into support for those who need it most.

Visit our website for more news . www.gracehelpinghands.org



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Kit Making Event on May 9th

Location: People's Community Baptist Church, 31 Norwood Rd, Silver Spring, MD 20905

Date: May 9th

Time: 11am - 2pm



Challenges We're Solving Together

Consistent supplies. Volunteer coordination. Storage space. These are real challenges. But we face them together. Thinkers across time - Tarkovsky, a film director, among those who have expressed it most beautifully - have observed that one drop of water added to another drop of water are no longer two drops when united. They become one larger drop. Every drop of kindness, from every pair of hands and every generous heart, has flowed into something greater than any one of us — an ever-growing pool of care we call Grace Helping Hands. Our Advocacy Team is already hard at work securing the space we need to keep it flowing. Because when we move together, no challenge is too large and no dream too big. This team of ours is a team that shows up - with creativity, with compassion, and with an unshakeable belief: that through togetherness WE CAN.

Information for Volunteers



Grace Helping Hands' work matters because we assist women and children who would otherwise not have essential supplies for their everyday lives. Our work not only supports them but creates a sense of community and brings a smile to their faces.

Share GHH on social media or within your networks

Consider sharing Grace Helping Hands' pages with family or friends. You could also share information about GHH within your networks. This allows GHH to reach more people in need and spread the word about the good work we are doing together.

If there is another **volunteer role that interests** you, consider discussing your interests with Manuella. We encourage you to share suggestions and improvements. In addition, if your availability has changed, please update that as well.

Closing

And just like that, we've reached the end of our very first volunteer newsletter! We hope it gives you a glimpse into the heart of Grace Helping Hands — the kits, the people, the stories, and the small moments that add up to something really special. None of this happens without you, and we mean that. Whether you've been with us since day one or you've just joined the family, your time and care show up in every single kit that heads out the door. Here's to a sunny, kit filled May ahead! We'll see you at the next event, the next drive, or right back here in your inbox soon!

Support Our Work

- Scan the **QR code** to donate via **PayPal**
- Or support us on **Givebutter**

Donate to us through the **CFC** using our charity code **#27498**



Registries

[Amazon Supplies List](#)
[Walmart.com Round UP Program](#)
[Walmart Registries](#)



GHH's mission is to build stronger communities by empowering homeless women and children through access to essential hygiene products, fostering improved health, dignity, and overall well-being.