

District Nine Conference Service Projects

Submitted by Sheila Winton, Service Committee Chair
Altrusa International of Pampa, Texas, Inc.
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The Service Committee invites you to join our District-wide service projects for 2024 District Conference. This year, we will be blessing two separate organizations that provide much needed services to families with children and teens in South Texas.



Children's Bereavement Center OF SOUTH TEXAS

One of these organizations is the Children's Bereavement Center of South Texas (CBCST). Altrusans across District Nine will be collecting books to give to children - from toddlers to teens - to help them through the death of a loved one. CBCST assists in many ways, including Grief Support Groups, Grief Counseling, Camp Heroes (grief camp for ages 7-11), Crisis Services, School-based Support Groups, and The Grief Education Institute (which offers healthcare professionals, educators and clergy the opportunity to gain knowledge and skills that will strengthen their ability to assist children and families grieving the loss of a loved one).

There are multiple ways in which you can help. You can purchase books from this list and bring them to Conference. You can order through their Amazon Wish List, which includes many other items they use in addition to the book selections. You can make monetary donations using the provided QR-code.

Books needed (alphabetical by author's name):

- A Little Spot of Feelings by Diane Alber
- When Dinosaurs Die by Laurie Kasny Brown
- The Rabbit Listened by Cori Doerrfeld (Spanish Edition Available)
- I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia (Bilingual Edition Available)
- Santiago's Sadness: Making Room for All Emotions by Gabi Garcia (Spanish Edition Available)
- Find Your Calm: A Mindful Approach To Relieve Anxiety And Grow Your Bravery by Gabi Garcia (Spanish Edition Available)
- Amaya's Anger: A Mindful Understanding of Strong Emotions by Gabi Garcia (Spanish Edition Available)
- The Invisible String by Patricia Karst (Spanish Edition Available)
- Te Extranare by Ben King (I miss you)
- Why Do I Feel So Sad? by Tracy Lambert
- Most People by Michael Leannah
- The Color Monster by Anna Llenas (Spanish Edition Available)
- My Big, Dumb, Invisible Dragon by Angie Lucas (Spanish Edition Available)
- Come With Me by Holly M. McGhee

- Listen by Holly M. McGhee
- The Feelings Book by Todd Parr (available in Spanish & bilingual)
- Alguien que amo Vive en el cielo by Dinorah Pena-Duran
- The Kissing Hand by Audrey Penn (Spanish Edition Available)
- The Breaking News by Sarah Lynne Reul
- What Happens When A Loved One Dies? Our First Talk About Death by Dr Jillian Roberts
- The Memory Box: A Book About Grief by Joanna Rowland
- Many Shapes of Clay: A Story of Healing by Kenesha Sneed
- I miss You by Pat Thomas
- It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life by H. Norman Wright
- Helping Your Kids Deal with Anger, Fear, and Sadness (from toddlers to teens) by H. Norman Wright
- Cómo ayudar a sus hijos a enfrentar el enojo, el miedo y la tristeza by H. Norman Wright (Spanish Edition)
- Fears, Doubt, Blues, and Pouts; Stories About Handling Fear, Worry, Sadness, and Anger by H. Norman Wright

They are always in need of books in both English and Spanish. Please only mail books if you cannot bring them to Conference or send them with someone else attending. We want lots of books in person.

**Multiple
ways to
DONATE**

If mailing books, please send to:

**Children's Bereavement Center of South Texas
205 W. Olmos Drive
San Antonio, TX 78212.**

***Please include a note that mentions Altrusa so they can keep track of our donations.**



Scan here to make monetary donations.

*There is a place for notes where you can comment, "Altrusa" in order for them to track our donations.



https://www.amazon.com/hz/wishlist/ls/3LZBXFPD9WEX1/ref=hz_ls_biz_ex?

Please note that some of the books were added to the list after the Amazon Wish List was completed.

The additional organization that we will be blessing is Southwest Key Programs, one of the largest Latino-led nonprofit organizations in the United States. Through its Youth & Family Services, they work to serve the needs of youth in the juvenile justice system. The Altrusa Club of North San Antonio works with this organization.

Altrusans will be collecting Hygiene Items for males & females, ages 10-18.

Suggested items are:

- Body wash
- Body spray
- Deodorant
- Shampoo
- Conditioner
- 3-in-1 product
- Toothpaste
- Toothbrushes
- Floss
- Tampons
- menstrual pads



Items can be sent through this Amazon wish list link below or brought to conference:
https://www.amazon.com/hz/wishlist/ls/1MNT007NEZB0/ref=nav_wishlist_lists_2#

When ordering through the Amazon link, please select "Debbie Trammell's Gift Registry Address" as the shipping address.



Also, you will be able to make a monetary donation at conference.

If you are bringing books, hygiene items, or monetary donations to conference, drop them off in the Everything Room. If you have any questions, please reach out to one of our Service Committee Members:

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We look forward to seeing you at District Conference in San Marcos. During our Service Luncheon, we will hear from a representative of Children's Bereavement Center as well as a member of one of the many families that they have helped. We will also be hearing from a representative of Southwest Key Programs. During this time, we will present both of these wonderful organizations with our donations.