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## **How to Help in the Giving Season**

The economy's downward spiral has come with a significant human cost due to job losses, home foreclosures, and reductions in State and County public support services leaving many individuals and families in need throughout Contra Costa County. As a start to the "giving season" the Mt. Diablo Peace and Justice Center is co-sponsoring a get-together on Saturday, December 4th to let people know about ways they can reach out and help their neighbors in need through local organizations. Representatives from Shelter, Inc., the Food Bank of Contra Costa County and Solano, and Monument Crisis Center will be on-hand to let people how they can volunteer and donate. Details for the event are outlined below along with contact information for each of the provider groups.

### **Community Sharing Event**

Saturday, December 4th, 1 p.m. to 3 p.m.

Bortin Hall, Mt Diablo Unitarian Universalist Church

55 Eckley Lane, Walnut Creek

\*The event is free. Donations of nonperishable food items and/or large size children's disposable diapers an all sizes of warm socks are requested.

### **Shelter, Inc.**

The mission of SHELTER, Inc. is to prevent homelessness and promote self-sufficiency among Contra Costa residents.

SHELTER, Inc's main office is located at 1815 Arnold Drive in Martinez.

(925) 335-0698, [www.shelterincofccc.org](http://www.shelterincofccc.org)

### **Food Bank of Contra Costa County and Solano**

The Food Bank works to end hunger and increase access to affordable, nutritious food for low-income individuals and families through a comprehensive group of programs that combat hunger and its causes.

(800) 870-FOOD [www.foodbankccs.org](http://www.foodbankccs.org)

### **Monument Crisis Center**

The Monument Crisis Center is open for food distribution five times a week and relies on monetary and food donations from the community.

The Center is located at 2350 Monument Blvd. in Concord.

(925) 825-7751 [www.monumentcrisiscenter.org](http://www.monumentcrisiscenter.org)

Since 2003 the Center has also sponsored the Holiday Adopt-a-Family Program for families who utilize the services of the Center throughout the year. To get more information on the program and how you can get involved, call

(925) 825-7751 x 102 or email [holidayprogrammcc@yahoo.com](mailto:holidayprogrammcc@yahoo.com).

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