

Hello Friendship Community!

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A HEALTHY COMMUNITY DEPENDS ON PEOPLE JUST LIKE YOU.

Take time to introduce yourself to two neighbors you haven't met. Say hello, start a conversation, leave a note at the door, help out by...

HEADING TO THE GROCERY STORE?

- Ask if you can pick up a few things.

YARD & SIDEWALK UPKEEP IS HARD WORK!

- Ask if you can help shovel snow, mow the lawn, rake leaves or carry trash bins to the curb.

SOME NEED A CUP OF FLOUR, SOME NEED A WARM COAT.

- Let them know you're happy to share.

LET YOUR NEIGHBORS KNOW YOU ARE THINKING OF THEM.

- Find out how they prefer to be contacted.

SOMETIMES ASKING FOR HELP IS DIFFICULT.

- Let your neighbors know how you're willing to help. It is a great way to stay connected.

Being a good neighbor makes a difference.

Would you like to help grow the Friendship Good Neighbor Project?
Email goodneighbor@friendship-pgh.org for more information.

RESOURCES

Food

Greater Pittsburgh Community Food Bank
412-460-3663, press #1

Everyday's a Sunday free meals
412-363-2233

Earthen Vessels free lunches
Marilyn Chaney at 412-214-0862

East End Cooperative Ministry
Free lunch, Monday through Friday, from 12:15 to 1:00pm
6140 Station Street, Look for the sign "Impacts" on door

Help Yourself to the Free Little Lime Pantry
5450 Friendship Avenue

Money

East End Neighbors in Need Crisis Fund
Bloomfield Garfield Corporation: 412-441-6950, ext. 110 or 111

Grace & Peace Deacons
deacons@graceandpeacepgh.org

LIHEAP Help with Heating Bill Crisis Line
412-770-3677

NeighborWorks Western Pennsylvania
412-281-9773

Action Housing for rental assistance
412-248-0021

Well-being

Resolve Crisis Services
1-888-796-8226 or Text "PA" to 741741

Peer Support & Advocacy Network
1-866-661-9276

The National Suicide Prevention Lifeline
1-800-273-8255

Pathway to Care & Recovery (for substance abuse)
412-325-7550 or 1-800-662-4357