



**Gaithersburg HELP** is an all volunteer organization that helps Gaithersburg residents with emergencies by providing food, diapers and infant formula, transportation to medical appointments, or prescription funding assistance.

➤ **Right now, we could use YOUR help to:**

- **Schedule or Pack Infant Needs** - work several hours a week at home or in the HELP Pantry to respond to requests for formula and diapers.
- **Schedule** Spanish speaking clients - work from home 2 days a month returning calls to clients to coordinate the needed services
- **Schedule Food Clients** - work from home one weekday a month, returning client phone calls, scheduling pickups and entering client data on a computer
- **Drive** clients to weekday medical appointments in the local area. Approximate time commitment is as little as 2 hours per month, or more if you would like to do more
- **Schedule Drivers** – work from home one weekday a month handling requests for transportation and scheduling a volunteer or taxi ride



**To get more information, volunteer or make a donation,  
please contact Gaithersburg HELP  
(301-216-2510; GaithersburgHELP@yahoo.com).  
We are on the Web at: [www.GaithersburgHELP.org](http://www.GaithersburgHELP.org)**