Adopt-A-Retreat

Little Pink Houses of Hope offers families a weeklong retreat during their active journey through breast cancer. Families will get the gift of TIME, HAPPINESS and HOPE this year at a relaxing location with one goal in mind- to live stronger, laugh harder and love deeper.

Little Pink Houses of Hope loves to involve many people in serving the families attending the retreats. This service can take many forms, as influenced by the resources and creativity of those sharing our mission. Select retreat locations are resource limited, leading us to offer opportunities for LP supporters to augment the retreat with meaningful donations. We love to create hope together and we invite you to embrace and adopt these families as your own.

For more information, please contact us at retreat@littlepink.org or call 336-213-4733.

Ideas

- Welcome Bags – see next page
- Cleaning Baskets – see following page
- Beach Towel Collection – one per family member
- Collect paper goods for the retreat week – see following page
- Write letters or make cards for each family attending
- Cook meals that can be frozen and transported to a retreat
- Provide $25 gift cards for grocery (retreat specific grocery store) Typical grocery expenditure for the week is over $1,000 so every gift card helps!
- Provide gifts for the children (age appropriate)
- Have group help serve a meal on actual retreat location
- Sponsor a specific activity (price of admission, service, etc.)
- Donate miles to organization for families to use for travel
- Donate gas gift cards
- Make retreat specific t-shirts for participants (co-branding opportunity)
- Create a scrapbook for each family
- Post retreat- Make a digital memory book for each family using digital photography from retreat
- Send retreat families Christmas cards
- Attend Friday night final meal with families
- Use special gifts of your group (photography, cosmetology, crafts, etc.) for direct services on a retreat
- Create quilts or special blankets for retreat families
- Create journals for participants
- Become members of the Retreat Community’s social media page and post positive, encouraging thoughts and pictures
Welcome Bag
The Welcome bag is designed to provide participants with a loving touch as well as provide needed/enjoyed items for the week. Local groups may enjoy preparing these for the families. Plan for 11 families per retreat. Some retreat locations provide children with items such as boogie boards, toys, etc. Beach locations should consider providing a beach towel per family member, as they often do not travel with these and they are not provided with the linens.

Suggested items:
Bags – helpful as tote for carrying items to various locations throughout week
Breast cancer items – socks, etc.
Sunscreen, Lotions, lip balm - Mary Kay, Avon representatives often donate these items
Soaps, Bath fizzes
Water bottles - refillable
Notebooks – can be decorated as a journal
Coloring books/pencils
Puzzle books –Sudoku, etc.
Deck of cards
Jewelry
T-shirt
Teas
Gum, mints
Sunglasses

Cleaning baskets for family properties
Each property should be supplied with basic cleaning items (including volunteer house) They can be placed in a simple basket that can be reused or a disposable item. Some retreats have made them decorative, added items, etc.
Items to provide:
Clorox wipes – 1 pack
Dish detergent- small bottle
Dishwasher pods - #5
Washer pods - #4
Dryer sheets -#4
Liquid Hand washing soap – one per bath and kitchen - #3 for most properties
Sponge/disposable dish towel - #1
Trash bags – 13 gal – #5
Toilet paper – 1 roll per family member
Paper towels – 2-3 rolls per family

Each property should also have a 24 pk of water bottles
**Meal Paper products list**
The following paper products will be needed, dependent on vendor provisions, etc.

- Serving gloves
- Cutlery - # of participants/volunteers per meal per day
- Paper plates - # of participants/volunteers per meal per day
- Cups - # of participants/volunteers per meal per day
- Napkins - # of participants/volunteers per meal per day
- Bowls – if needed
- Trash bags - 33 gal – box of 50
- Hand sanitizer – large pumps – 2
- To go containers
- Foil
- Plastic wrap
- Ziploc bags
- Serving bowls
- Storage bowls

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