

## Help kids cope with stress & trauma!

Comfort Kits are designed to help children cope with stress and anxiety. The Comfort Kits concept and distribution began with over 10,000 kits being delivered in the weeks and months following the Joplin 2011 tornado.

Children experience stress and trauma beyond major natural events. We've found these kits to be especially helpful for children experiencing food and shelter insecurity, an unstable home life, and during other stresses. We hand these out regularly!

## **COMFORT KITS**

Lotion (travel size)
Bubbles (small)
Play-Doh
Crayons
Fruit Snacks
Journal/Notebook/Sketch Pad
Rubber Ball or Stress Ball
Stuffed Animal (small)
Stickers

## **DROP OFF ITEMS**

1710 E Chestnut Expy Springfield, MO 65802 (417) 887-3545

## Don't have time to collect individual items?

Each kit costs around \$10, donate at **CCOzarks.org/comfort** or order items from our **Comfort Kit Amazon Wish list.** 

