



Right There With You Help List

You are not alone. Here is how I can specifically offer help for you:

Around the House

- Laundry
- Cleaning (real help with no shame!)
- Organizing help (paperwork or systems)
- Computer help
- Yardwork or home maintenance
- Other:

Kid & Pet Help

- Carpool or help getting to/from school or activities
- Emergency Help (Something comes up last minute)
- Babysitting
- Pet/plant sitting
- Other:

Moral Support

- Venting Session (Free of guilt, judgment, or advice!)
- Sounding board (advice when you feel stuck)
- Mental Health Day when you need it

Errands

- Post office/UPS
- Target run/Grocery run
- Other:

Food/Meals

- Deliver a meal on:
- Organize a Meal Train
- Freezer meal/crockpot/InstaPot meal
- Other:

Treats & Fun

- Gift card for family fun
- Join our family for:
- Caffeine (pick your fav):

Here's how you take me up on this offer:

Name: _____

Phone: _____

We are so much better together.