



Dear Friend,

Thank you for your interest in devoting your time and energy to completing service hours on behalf of Connor's Heroes. It is not possible for us to do all we do for children and families without the support and effort of people like you. Thank you for choosing to help make a real difference in the lives of our heroes battling cancer and their families.

Founded in 2006, Connor's Heroes developed out of one family's struggle with childhood cancer. After being diagnosed with leukemia and treated as a pre-schooler, Connor triumphed over cancer after 2-1/2 years of treatment. His parents learned from this experience that there were ways to help make life easier for other families going through treatment. As a result, Connor's Heroes has strived to create programs that provide meaningful support to families by utilizing a community of heroes, like you!

Connor's Heroes' programs reflect our desire to provide consistent encouragement and practical assistance to families to help ease daily burdens. Whether receiving a backpack full of games and toys that provide distraction and entertainment while staying in the hospital, walking into a hospital room, where they will be living for weeks, and finding it full of colorful decorations picked out just for them, having a hot meal delivered to their front door after a long day in clinic or being surprised with an iTunes gift card or gas and grocery cards, our heroes and their families are touched personally and deeply by each kind act provided by Connor's Heroes. By helping raise money for the aforementioned services or the Connor's Heroes Pediatric Cancer Research Fund and/or coordinating a supply drive, you are directly impacting the lives of our heroes and their families!

There are many ways you can help Connor's Heroes. Attached you will find a list of some fundraising and service project ideas. We are always open to suggestions if you have an idea of your own. Once you have decided, please complete the attached registration form and return it to Connor's Heroes. Please email erin@connorsheroes.org with any questions.

With gratitude,

A handwritten signature in blue ink, appearing to read "Lisa", is positioned above the printed name.

Lisa Goodwin
Co-Founder and Managing Director

Connor's Heroes Foundation Service Project Ideas

Congratulations on your upcoming Fundraiser or Service Project! Your efforts will support Connor's Heroes' programs, which provide necessary help to children undergoing cancer treatment and their families, and facilitate local pediatric cancer research through the Connor's Heroes Pediatric Cancer Research Fund.

Below is a list of some specific ideas that you can consider for your fundraiser or Service Project. We encourage you to come up with projects of your own, too. The best fundraisers and service projects reflect your creativity and passion. Have fun with it!

GIFT CARD DRIVES: Another great way to help kids with cancer and their families! The cost of treatment and transportation to and from the hospital is staggering. Connor's Heroes often provides gas and grocery cards to our families as a way to support them. Gift cards to Kroger, Food Lion, WalMart, & Martin's grocery stores and Shell, Exxon, and Wawa gas stations are always welcome, preferably in \$25 & \$50 increments.

HOLD A SUPPLY DRIVE: We are always in need of supplies for our Bags & Backpacks Program and depend on volunteers to donate new items throughout the year. [You can find a list of items on our website at the "Get Involved" page.](#) Always check with us before holding a supply drive as there could be supplies we need most at any given time. Supply drives can be held at school, church, or work.

HOLD YOUR OWN FUNDRAISER: Organize a car wash, bake sale, lemonade stand or raffle during a playoff game in your own neighborhood. Why not hold a yard sale and give the proceeds to Connor's Heroes?

FUNDRAISE AT SCHOOL OR WORK: What a great way to spread the word about childhood cancer and the Connor's Heroes mission by holding a fundraiser at your school or work! Per approval, consider coordinating one of the following:

- Change-a-thon - organize a loose change collection; have classrooms, grades, or teams challenge each other to raise the most money; provide a prize like a pizza party to the winner
- PJ's/Jeans Day - for each \$1 or \$5 donated, a student can wear his or her PJ's to school or an employee can wear jeans on a designated day.

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ORGANIZE A "SPORT"-A-THON/TOURNAMENT: Love healthy competition and helping others? Arrange a Walk/Run-A-Thon, Bowl-A-Thon or Dance-A-Thon. Organizing a tournament for sports like basketball, volleyball, badminton, dodgeball, kickball or even a golf shoot out are all great ways to bring people together for a good cause. Encourage your friends to join you and they can get sponsored for their participation. Create a personal fundraising page to make it easy for people to help.

FORM A TEAM: Gather your friends and family to walk or run in a local race like the Ukrop's Monument Ave 10K in March or the HCA VA 8K, American Family Fitness Half Marathon, or the Anthem Richmond Marathon in November and raise money for Connor's Heroes in the process. You are always welcome to walk or run with the Connor's Heroes team during the Amazing Raise 5K in September, too! Connor's Heroes can help you create a website to raise funds for our programs. You can see an example of such a page at:
<https://connorsheroes.myetap.org/Heroesrun/>

IN LIEU OF GIFTS: It's fun to be the receiver of gifts, but it is even better to give to others! At your next birthday party or your graduation party, why not invite your guests to bring items that you can then donate to Connor's Heroes. If turning 5 years old, you can collect age appropriate toys and crafts. If turning 16 years old, you can collect lip gloss, finger nail polish and card games.

SPONSOR A KIDS ZONE: Many of the Connor's Heroes fundraising events have Kids Zones. Please consider having your club or organization sponsor a Kids Zone, by providing the activities and crafts, including the supplies and hosting the Kids Zone at one of our events.

ANY OTHER IDEAS??? Let us know!!

GET STARTED NOW! Complete the Service Registration on the following page and email it to us at erin@connorsheroes.org or mail to the Connor's Heroes office at P.O. Box 2536, Midlothian, VA 23113.



Conquering Childhood Cancer

Thank you for your interest in coordinating a fundraiser or service project on behalf of Connor's Heroes. Your desire to help us as we strive to make the lives of children with cancer and their families easier is greatly appreciated. We look forward to working with you.

Please complete this form and send it to us as soon as possible so we can help you get started. You can email the form to erin@connorsheroes.org or mail to: P.O. Box 2536, Midlothian, VA 23113. Once we receive the form, we will contact you. If you have any questions, feel free to email or call 804-897-1272. Thank you for helping to make a difference!

First Name: _____ **Last Name:** _____

Address: _____

City, State, Zip: _____

Home phone: _____ **Cell phone:** _____

Email Address: _____ **Best way to contact:** _____

Briefly describe your fundraising/service project idea: _____

Proposed start and end date of project: _____

How can Connor's Heroes help? _____

Parent's Signature if under 18 years of age: _____