

# MPC Social Services

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Assistance is always needed and welcome at MPC's social outreach programs. Any donations of **time, clothing, food, services** or **money** all go a long way to helping the MPC community. Please see individual projects for details. If you are able to help in any way, please let Bob Bronkema know at [mpchaplaincy@gmail.com](mailto:mpchaplaincy@gmail.com).

## Soup Kitchens and Food Bags

1. Kuznetsky Most Soup Kitchen
  - Serves over 300 single mothers, children and elderly pensioners
  - Days: Monday-Friday
  - Time: 10:30-1:00
  - Address: Centralny Dom Artistov, Pusheelnaya ulitsa 9, metro Kuznetsky Most
  - *Assistance/Volunteers:* **Drivers** are needed to pick up and drop off donated foods from any Metro supermarket. **Volunteers** to help serve clients are needed every day, Monday-Friday during serving hours.
2. YAS food bags @ Young Adult and Student (YAS) meetings
  - Twice a month, about 120 students, young adults and refugees gather for Christian fellowship and we give them each a food bag. We distribute 240 food bags each month.
  - Days: Two Thursdays per month. Please ask when the next YAS meeting will be.
  - Time: 17:00-18:30
  - Address: Centralny Dom Artistov, Pusheelnaya ulitsa 9, metro Kuznetsky Most
  - *Assistance/Volunteers:* **Food** donations are always needed. **Volunteers** who would like to speak at the YAS meetings about relevant topics are always needed.
3. Refugee Food Bags
  - For 160 United Nations High Commission for Refugees (UNHCR) refugees from all over the world. Up to 40 people are served every week. There are many families with children who attend this program.
  - Day: Every Tuesday
  - Time: 13:00-16:00
  - Address: Centralny Dom Artistov, Pusheelnaya ulitsa 9, metro Kuznetsky Most
  - *Assistance/Volunteers:* **Food** donations are always needed. **Volunteers** welcome to distribute and pack the food bags.
4. Metis Food Bags
  - Food bags provided for 50 children each month.
  - One Saturday each month, decided on a month-by-month basis
  - Time: 16:00-17:30
  - Address: Detsky Biblioteka, Kalyzhiskaya ulitsa 1, Metro Oktyabrskaya
  - *Assistance/Volunteers:* Volunteering your **time** to organize games or activities for the children and assembling food bags.
5. Produkti Pishkom

- Food bags are taken to the homes of 12 elderly clients
- *Assistance/Volunteers:* Any **time** that you could give to take food bags to our clients would fill a huge hole.
- Please contact Diana Foster at family.foster@gmail.com if you are interested in participating in this initiative.

#### 6. MPC Food Bank

- A new initiative aiming to create a permanent stockpile of donated food, used to supplement YAS, Metis, UNHCR/Refugee food bags. Long term goal to circulate weekly food bags to attendees of the Parish Centre as well.
- *Assistance/Volunteers:* **donations from grocery stores and food brands** are desperately needed in order to launch the Food Bank. **Referrals and contacts** in the food & beverage industry are greatly needed.
- Please contact Bob at mpchaplaincy@gmail.com if you are interested in participating in this initiative

### Parish Center and Medical Clinic

#### 7. Parish Center

- A daytime safe house. Contains an office, library, computers, a television and a bathroom. Classes in English and Russian languages, as well as in computer literacy are taught here weekly. Clothes and other donations distributed here. Open daily, with about 30-50 people attending each day.
- Day: Monday-Friday
- Time: 13:00-18:00 Monday, Wednesday, Friday; 10:00-18:00 Tuesday, Thursday
- Address: ulitsa Gospitalny Val 4, next to Vvedenskoye kladbishe, metro Aviamotornaya (ring the doorbell)
- *Note:* Please only provide this address to those who intend to attend the Parish Centre or clinic
- *Assistance/Volunteers:* Donations of various kinds are always needed, such as **clothing, computers, hot or cold lunches** (as many of our clients are homeless). Donations of your **time and skills**, such as teaching English or Russian, nutrition or dressmaking, would all be very welcome.

#### 8. Medical Clinic

- Provides a free medical consultation service for anyone.
- Day: Tuesday and Thursday
- Time: 10:00-13:00
- Address: MPC Parish Center, ulitsa Gospitalny Val 4, next to Vvedenskoye kladbishe, Metro Aviamotornaya (ring the doorbell)
- *Note:* Please only provide this address to those who intend to attend the Parish Centre or clinic
- *Assistance/Volunteers:* Volunteer **doctors and nurses** are needed to see everyone during clinic hours. Donations of **medical supplies** are always useful. If you have time to provide **hot or cold lunch** for the patients (as many of them are homeless), this would also be much appreciated.

### Other programs

9. Task Force on Racial Violence and Harassment

- Interviews victims of racially-motivated attacks and harassment
- Helps the victims of these attacks (refers them to MPC's social services and other known sources of assistance)
- *Assistance/Volunteers*: **Legal assistance** is needed to assist victims to file police reports against attackers or abusive employers. A volunteer is also needed to **coordinate the Task Force's work** from **September 2009**.

10. Refugee Resettlement Program

- Through the U.S. Embassy we are allowed to screen refugee candidates.
- *Assistance/Volunteers*: Volunteer your **time** to sit on a panel which screens and interviews potential candidates of refugee resettlement.

11. Donate-A-Driver Program

- Transportation of donations is needed on a regular basis by MPC. We regularly distribute donations such as food & clothing etc. through our social outreach points, and always require transportation to do so.
- *Assistance/Volunteers*: **cars/drivers** are needed to be added to our Donate-A-Driver database, which we draw on for occasional support to transport donations across the city.
- Please contact either Laura at [laura.stagl@gmail.com](mailto:laura.stagl@gmail.com) to add your name to this database of volunteers

**Note:** Particularly useful if you have a dedicated amount of allocated time (i.e. 1-2 hours every Tuesday morning) that you would like to donate to our cause

12. Donated Clothing Centre

- Donated goods are always needed by attendees of MPC's Parish Centre, many of whom are homeless and unemployed
- Address: ulitsa Gospitalny Val 4, next to Vvedenskoye kladbishe, metro Aviamotornaya (ring the doorbell)
- *Volunteers/Assistance*: **donations** such as **clothing** (especially men's attire), toys and books are needed on a weekly basis
- Please contact Bob at [mpchaplaincy@gmail.com](mailto:mpchaplaincy@gmail.com) if you would like to donate to the Parish Centre