



New this year: Cook for a Vet!

We provide three healthy meals a day for participants, volunteers, staff, and service providers, our community. If you belong to an organization that would like to cook a meal for our vets this year, contact us on our website. You can bring your own groceries or we'll purchase the groceries for you. If you need help in the kitchen, we will arrange for volunteers.



Boots Program

Every, year we purchase shoes and boots for our veterans who are in need. Contact our "Boots" program on our contact page of our website for more information on how to help!



Sweat Lodge Ceremony

Join our drum circle on Friday and Saturday at 4:30 pm with sweat following at 6:00 pm.

NORTH COAST STAND DOWN

PO Box 1012, Arcata, CA 95518

Phone: (707) 826-6272

Fax: (707) 826-6275

Email: NCSD@northcoaststanddown.org

www.northcoaststanddown.org



North Coast Stand Down



The North Coast Stand Down takes place the first weekend of October every year. Thanks to our community volunteers and donations, we "Value All Veterans".





Participants

All veterans, active duty service members, reservists and family members are welcome at Stand Down. If you are houseless and would like to stay over with us for a couple of nights, we provide cots, blankets and hygiene kits.

Service Providers

If you have a service, talent or are an organization that would like to provide services at stand down to our veterans and military families, you are welcome. Sign up on our website and we'll make room for you.

Staff

Our Coordinators work all year round. If you are interested in helping out, attend one of the meetings.

Volunteers

Come and be a part of the North Coast Stand Down community. Volunteers are always needed. Fill out the online volunteer form or call HSU VETS (707) 826-6272 for more information.

How can you help?

Every little bit helps! We depend on grants and donations like yours to make Stand Down happen each year. If you have the ability to financially support even one nonprofit organization this year, please consider the North Coast Stand Down. You will be supporting Veterans and their families in need and an event that has changed the lives of many who live and work in your community. Any donation of \$100 or more is tax deductible. You can go online to donate or send us a check.

Items we need

Clothing: Jackets, scarves, gloves, warm hats, socks, thermal layer clothing, rain gear, or camping gear.

Outdoor Gear: Backpacks, sleeping bags, complete tents and tarps.

Services: Bicycle/Wheelchair maintenance, veterinary care and grooming, massage, acupuncture, haircuts, VA card, bus passes, resume writing, medical, mental health, dental or vision care, pet supplies (crates, leashes, collars).

Other: Laptops, utility tools, travel games, cards, books, hygiene kits, and cell phones.

Transportation Schedule

Transportation to and from the Stand Down is free for Veterans and their families. Stand Down Vans are pet friendly. This route will run every hour until noon. Return from fairgrounds starts at 3:00 pm.

Transit routes will be free to Veterans and Family members! Just notify the driver you're going to the North Coast Stand Down!

<u>City</u>	<u>Location</u>	<u>Pick Up Time</u>
McKinleyville	Totem Pole	7:00 am
Arcata	Arcata Transit Center	7:15 am
Arcata	Arcata Veterans Hall	7:25 am
Eureka	Veterans Hall	7:50 am
Eureka	Veterans Clinic	8:10 am
Eureka	Bayshore Mall	8:20 am
Ferndale	Fernbridge	8:50 am
Fortuna	Strongs Creek Shopping Center	7:00 am 9:00 am
Fortuna	Fortuna Veterans Hall	7:10 am
Ferndale	Fernbridge	7:20 am 9:20 am

Need a Ride? Call 707-834-0029