



UNITED WAY
Hernando

2025



Proudly Supported By
United Way's Partners in
Crisis Prevention:



HCA Florida
Oak Hill Hospital

Walmart

5 DAYS OF CARING

United Way of Hernando County is hosting their annual "5 Days of Caring" throughout November.

This month-long initiative promotes local VOLUNTEERISM & GIVING, bringing people together who have a passion for helping others!



WEEK
1

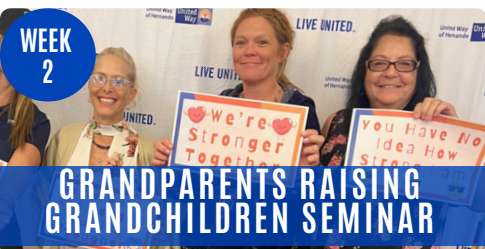
PASSION PROJECTS PARTY

→ **WHEN:** Saturday, November 1st from 9:00am-1:00pm → **VOLUNTEER**

WHERE: USA Benefits Group - 5141 Mariner Blvd, Spring Hill, FL 34609

PURPOSE: Turn your passions into purpose! Sign up for this unique volunteer opportunity to assist with multiple Passion Projects! From creating over 100 calming jars & scent kits for caregivers, to making inspirational Thank You cards for first responders, food sorting, and more inspiring crafts created with compassion as a reminder that we are a community who cares!

TAKE ACTION: Join fellow volunteers! www.UnitedWayHernando.org/Volunteer



WEEK
2

GRANDPARENTS RAISING GRANDCHILDREN SEMINAR

→ **WHEN:** Friday, November 7th from 9:00am-3:15pm → **RSVP**

WHERE: PHSC Spring Hill Campus - 450 Beverly Ct, Spring Hill, FL 34606

PURPOSE: Grandparents caring for their grandchildren are invited to this specialized seminar, geared towards services, resources, & workshops catered to them - including mental & behavioral health, online safety, legal services, & education/career readiness. We recognize the crucial role grandparents play. Join us for this interactive initiative!

TAKE ACTION: RSVP! Visit www.UnitedWayHernando.org/GRG2025 or Scan QR



WEEK
3

DEMENTIA CARE SEMINAR FOR CAREGIVERS

→ **WHEN:** Wednesday, November 12th from 9:00am-1:30pm → **RSVP**

WHERE: WellCome OM Integral Healing & Education Center - 4242 Lake in the Woods Dr, SH, FL, 34606

PURPOSE: Often times, caregivers forget to care for themselves. You are not alone! This FREE seminar is for families and caregivers focusing on loved ones living with dementia or Alzheimer's. This seminar is a must-attend event for both caregivers & family members. On-site respite will be provided by Always Near Home Care.

TAKE ACTION: RSVP at www.UnitedWayHernando.org/Dementia2025 or Scan QR



WEEK
4

RESILIENCY LAB: CRISIS CARE WORKSHOP

→ **WHEN:** Thursday, November 20th from 9:00am-11:00am → **RSVP**

WHERE: Hernando County Department of Health - 7551 Forest Oaks Blvd, Spring Hill, FL 34606

PURPOSE: Kick off this holiday season and recenter yourself as a leader. Come join Capacity Path Relief for an Interactive Resiliency Lab! Try out different wellness stations where you can explore simple ways to de-stress your body and mind. Invite a friend and come discover fresh tools to steady yourself during Helene and Milton recovery and in tough times.

TAKE ACTION: RSVP at www.UnitedWayHernando.org/Crisis-Care2025



WEEK
5

BORN LEARNING TRAIL INSTALLATION

→ **WHEN:** Monday, November 24th from 9:00am-1:00pm → **VOLUNTEER**

WHERE: Veteran's Memorial Park - 12254 Spring Hill Dr, Spring Hill, FL 34609

PURPOSE: Thanks to our Proud Partners at the Early Learning Coalition of Pasco/Hernando, their team has sponsored the Veterans Park Born Learning Trail reinstallation! This trail consists of sidewalk art and 10 trail signs encouraging caregivers to engage with their young children *Sing* *Listen* *Talk* *Play*

TAKE ACTION: Join fellow volunteers! www.UnitedWayHernando.org/Volunteer

To participate in any of the above activities, visit UnitedWayHernando.org/5days-2025 to sign-up!
Please contact the UWHC office with any questions 352-688-2026 or email impact@UnitedWayHernando.org