



January 2025

Dear School, Youth and Family Leaders:

We are writing to you about an exciting event involving **Lunch Break's Family Promise of Monmouth County**. On **Friday March 28, 2025**, we will be holding our **13th annual Night Without A Bed event this year at The Fort Athletic Club**. The mission of the event is to provide an opportunity for Monmouth County youth to learn about the plight of families and children who are experiencing homelessness every night. In addition to raising awareness, Night Without A Bed also raises much needed funds to support program operations such as; food, clothing, emergency shelter, comprehensive case management, transportation, life skills training and prevention/stabilization for our families. As in years past, participants are asked to sleep in a box for one night in addition to raising pledges of at least \$150 for the cause.

Did you know that in Monmouth County approximately 200 children are homeless on any given night? In addition, every year in America, over 3 million children experience homelessness. As you may be aware, Lunch Break provides life's basic necessities of food, clothing, life skills and fellowship to the financially insecure individuals and families in Monmouth County and beyond. **Lunch Break** and **Family Promise of Monmouth County** combined resources in 2021 to assist local communities in coordinating their compassion to address the root causes of family homelessness. Using a holistic approach, including prevention services before families reach crisis, shelter and case management once they become homeless, and stabilization programs after they have secured housing, the program aims to provide families long term and sustainable success.

Our third annual Youth Committee will also assist in the planning and success of this event. Youth leaders will be identified and mentored to encourage participants to develop a meaningful and lasting relationship with community service. Let's partner to make a huge difference for those most vulnerable members of our beloved Monmouth County! We will be here every step along the way to help make this event personal and meaningful in our community.

Please contact us for further information with your interest to Gillian Sahadi at NWBEvent@lunchbreak.org.

With gratitude,

Event Co-Chairs

A handwritten signature in black ink that reads 'Jessica Stepanski'.

Jessica Stepanski
Board of Trustee, Lunch Break

A handwritten signature in black ink that reads 'Gillian C. Sahadi'.

Gillian Sahadi
Board of Trustee, Lunch Break