



**BROWNS
BRIDGE
CHURCH**

NONPROFIT

DIY PROJECT

Three Dimensional Life

Homemade Meals

IMPACT

Three Dimensional Life (3D Life) is a nonprofit addiction treatment center dedicated to helping young men between the ages of 14 and 20 overcome alcohol and drug addiction and other destructive behaviors. Their Christ-centered program runs for ten to twelve months and incorporates family counseling, daily group therapy, individual treatment plans, and a structured environment to help these young men and their families recover. Bringing the young men and staff a meal shows that others care about them, and it goes a long way with teenage boys!

INSTRUCTIONS

STEP 1: As a group, spend time learning about 3D Life and the young men and families they serve. Their website (<http://threedimensionallife.com>) is a good place to start.

STEP 2: Discuss as a group how many meals you would like to prepare and how you will collect the meal items. The meals will need to be healthy, freezable, and in disposable containers (so they can be eaten later if a meal has already been planned for that night). Meals will need to feed 18 people.

STEP 3: Gather all meal items and prepare the meal as a group or separately.

STEP 4: Spend time praying over the meals you have prepared and for the 3D Life staff and young men.

STEP 5: Call 770-869-3551 to schedule a time to take your meals to 3D Life.

STEP 6: Register your project [here](#) so we can keep track of what's happening in our community!

INCLUDE YOUR KIDS

Children are a great help when shopping for or preparing the meal items. Kids (please no girls ages 11-18) can go with you to deliver your donations. Please use your visit as a teachable moment and set expectations on the front end by talking about what they might experience and reminding them to love and treat others as they wish to be treated (such as making eye contact, smiling, and being respectful to everyone).