

“ Getting help from Mitzvah Circle makes me feel truly seen and cared for in a way that words can hardly describe. In moments when I feel overwhelmed and unsure how I’ll manage, their kindness brings me comfort and hope. It’s more than just receiving help—it feels like someone reaching out and saying, “You’re not alone, you matter.” Their support lifts a huge weight off my shoulders and fills me with gratitude, reminding me that there are still people in this world who lead with love and compassion. | **JACKIE S.**



Mitzvah Circle releases the findings from their Helping Families in Crisis impact study. Data included 1200 responses from people receiving services from Mitzvah Circle. Findings demonstrated improvements in mental and physical health, and increased community engagement.

Mitzvah Circle’s Services are Critical

Mitzvah Circle meets the needs of people in crisis. Their holistic approach includes social work support and delivering essential goods, such as clothing, diapers, menstrual products, toiletries, and school supplies directly to the doors of families facing difficult circumstances. In 2025, Mitzvah Circle **served over 500,000 people** in southeastern Pennsylvania, distributing nearly 3.4 million diapers, over 1.4 million period supplies, while providing free bulk supplies to 281 local organizations.

Positive Impact

Following the distribution of essential goods from Mitzvah Circle, the Helping Families in Crisis impact study revealed meaningful improvements across three key areas of well-being:

- 1 MENTAL HEALTH** / Recipients reported a measurable decrease in anxiety and a reduction in feelings of being overwhelmed, suggesting that meeting basic needs provides psychological relief.
- 2 PHYSICAL HEALTH** / This study demonstrated a decline in stress-related physical symptoms, including fewer headaches and stomachaches, in addition to a decrease in reports of “feeling unwell.”
- 3 COMMUNITY AND SOCIAL ENGAGEMENT** / With essential needs met, individuals were more likely to go to school and work, attend medical appointments, seek other resources for help, and foster stronger connections with their family and friends.

Next Steps

Mitzvah Circle intends to sustain and refine their current services. To learn more, please contact Mitzvah Circle’s founder and executive director, **Fran Held (Fran@mitzvahcircle.org)**.

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