

Support the Ronald McDonald Family Room at UAB Women & Infants Center



The Ronald McDonald Family Room at UAB Women & Infants Center in Birmingham is managed by Ronald McDonald House Charities of Alabama. Just steps away from the NICU and Continuing Care Nursery, it provides an oasis of calm and healing respite for families while increasing their ability to advocate for their child.

Amenities include laundry facilities, three private sleeping rooms and showers, a kitchen stocked with snacks and an area with comfortable chairs where families can watch TV.

Get inspired to help!

- ♥ Work place giving
- ♥ Host an online fundraiser
- ♥ Volunteer
- ♥ Purchase an RMHCA specialty vehicle tag for cars, trucks & motorcycles
- ♥ Drop change in the donation boxes at McDonald's
- ♥ Donate online at RMHCA.org/donate
- ♥ Donate pop tabs*
- ♥ Donate Wish List Items*
 - Individual serving packages of crackers, cereal bars & nuts
 - Individual serving packages of cereal & instant oatmeal
 - Single serving tea bags
 - Individual condiment packets of ketchup, mustard & mayonnaise
 - Individual serving juice pouches/boxes
 - Individual serving bottle water & flavored packets
 - Disposable cups, plates, bowls & utensils
 - Travel size mouthwash, lotion, shampoo & conditioner
 - Pump bottles of hand soap & hand lotion

*Tabs & Wish List items may be dropped off at the Ronald McDonald House



**Ronald
McDonald
Family Room®**
UAB WOMEN & INFANTS CENTER

Continuing Care Nursery, Suite 2397
1700 6th Avenue South
Birmingham, Alabama 35249-6922
Lisa VanZandt, Family Room Manager
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To coordinate a donation, contact Kathy Robson at
205-638-7258 or Kathy.Robson@rmhca.org



**Ronald McDonald
House Charities®**
Alabama

Keeping families close

1700 4th Avenue South
Birmingham, AL 35233
205-638-7272

Connect with us!
RMHCA.org
[@rmhcalabama](https://www.instagram.com/rmhcalabama)

