Let's flood social media with love and positivity during this difficult time!

Making masks for first responders. Picking up groceries for an elderly neighbor. Finding creative and meaningful ways to stay connected. We've all seen how people #GiveFromtheHeart, especially when things get tough.

Let's celebrate people's kindness and generosity by spreading much-needed good news and feel-good stories that show together, we can get through this.

1. Share a story about someone who gives from the heart.
2. Use the hashtag #GiveFromtheHeart and tag United Way of the Midlands.
3. Include a photo of a heart.
4. Dare a friend to participate!