

## ESSENTIAL NEEDS

### Options for Giving at This Time



#### Cash / On-Line

Financial control is a common means of abuse and providing women with the means to shop for their families, while fleeing family violence, is incredibly empowering.

Mail in or drop off cash/cheques:            Calgary Women's Emergency Shelter  
500, 1509 Centre St SW  
Calgary, AB T2G 2E6

Donate on-line by visiting: <https://www.calgarywomensshelter.com/index.php/give/individual>

#### Gift cards

Gift cards are welcome but many people are not aware that they typically take five times longer to process than cash and therefore, require more staff/volunteer hours. With cash, we can purchase gift cards from stores that target our needs and often we can negotiate a volume discount.

#### Essential Items

Essential items are needed throughout the year. Some of these items vary with the time of year. See the basic essentials list currently needed on the next page.

*\*Due to health and safety concerns, we **cannot accept used** clothing and toys.*

*\*We **cannot accept new or used** furniture, small appliances and household items.*

*\*We do not take hotel/travel size due to the length of stay that clients are at the Shelter.*

## ESSENTIAL NEEDS

### **Babies (Newborn – 3)**

Toddler Utensils  
Baby Bottles  
Teething Toys  
Pacifiers  
Sippy Cups  
Baby Monitors  
Diapers size New Born, 1, 2 3, 4, 5, 6  
Pull Ups-all sizes  
Regular and Soy Formula  
Baby Wipes  
Clothing  
Toddler socks  
Winter Jackets  
Shoes [sizes 3-13]  
Diaper Rash Cream  
Baby Shampoo  
Baby Body Wash  
Baby Lotion  
Baby Oil

### **Kids (Ages 4 - 12)**

Jeans/pants  
Hoodies  
T-shirts  
Winter Jackets  
Pajamas  
Shoes/Sneakers/ Runners/ Winter boots  
Slippers  
Socks  
Underwear all sizes  
Backpacks

### **Teenagers (Ages 13 – 17)**

Jeans/pants  
Hoodies  
T-shirts  
Winter Jackets  
Pajamas  
Shoes/Sneakers/ Runners/ Winter boots  
Slippers  
Socks  
Underwear all sizes  
Backpacks

### **Moms**

Leggings (S, M, L, XL)  
Pants/Jeans (4 up to 12)  
Shoes/Sneakers/winter boots (Sizes 7-10)  
Bras/Underwear (Regular and Sports Sizes M, L, XL)  
Slippers  
Hoodies (S, M, L XL)  
Winter/Spring Jackets  
Winter/Spring Clothing  
Winter / Spring Pajamas  
Winter hats and Gloves  
Winter Jackets (M, L, XL)

### **Miscellaneous Items**

Gift Cards  
Grocery Cards (Walmart/Superstore)  
Transit Passes  
Toiletries (like AXE)  
Journals, pens  
New Strollers  
Throws  
Movie passes  
Earbuds /Headphones  
Cell phone chargers

### **Toiletry Bags [care packages]**

#### **Family/Single**

Body lotion  
Kleenex small packages and boxes  
Small Boxes of Q Tips/Cotton balls  
Mini sewing kits  
Nail Clippers  
Floss  
Razors  
Hair Brushes/Combs  
Toothpaste/brushes  
Hand sanitizer  
Hands cream  
Backpacks and travel bags