

## 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)**

Regular and Soy Formula

Teething toys

Pacifiers

Shoes [sizes 3-13]

Clothing

Baby Nail Clippers

Toddler Toys

Toddler socks

Baby Shampoo

Baby Body Wash

Baby Lotion

Baby Oil

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

Winter/fall clothing

Jeans/pants

T-shirts

Shoes/Sneakers/ Runners/Winter Boots

Hoodies

Pajamas

Underwear all sizes

## **Teenagers (Ages 13 – 17)**

Winter/fall clothing

Winter/fall Jackets

Shoes/Sneakers/ Runners/Winter Boots

Jeans/pants

T-shirts

Hoodies

Pajamas

Underwear all sizes

## **Moms**

Winter/fall Clothing

Winter/fall Jackets (S,M,L,XL)

Tops (S ,M, L, XL)

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)

Pajamas (S, M, L, XL)

Hoodies (S, M, L XL)

## **Miscellaneous Items**

PPE (masks, shields, gowns)

Gift Cards

Grocery Cards (Walmart/Superstore)

Transit Passes

Journals, pens

New Strollers

Earbuds /Headphones

Backpacks and travel bags

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

### **Family/Single**

Shampoo

Conditioner

Deodorant

Hair Brushes/Combs

Body wash

Body lotion

Toothpaste/brushes

Hands cream

Kleenex small packages and boxes

Small Boxes of Q Tips/Cotton balls

Floss

Razors