



## 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 below.

*\*Please keep in mind, due to health and safety concerns, we **cannot accept used** clothing and toys*

*\*Also note; we **cannot accept new or used** furniture, small appliances and items.*



**BASIC ESSENTIALS LIST**  
**Current Immediate Needs**

**Babies**

Nail Clippers  
Clothing (Sleepers, Spring Clothes, etc.)  
Toddler socks  
Baby Monitors  
Diapers size 5  
Pull Ups (4t/5t)  
Regular and Soy Formula  
Baby Wipes  
**Spring jacket**  
**Shoes [sizes 3-13]**  
**Toddler utensils.**

**Moms**

Leggings (S, M, L, XL)  
Pants/Jeans (4 up to 16)  
Dresses (Casual & Professional)  
Shoes/Sneakers (Sizes 7-10)  
Bras/Underwear (Regular and Sports)  
Slippers  
**Spring Jackets**  
Spring Clothing  
**slippers**

**Boys (ages 2-17)**

**Spring Clothing**  
**Spring Jackets**  
**Pants/Jeans**  
**Pajamas**  
**Shoes/Sneakers**  
**slippers**

**Girls (ages 2-17)**

**Spring Clothing**  
**Spring Jackets**  
**Pants/Jeans**  
**Dresses/Skirts**  
**Pajamas**  
**Shoes/Sneakers/slippers**

**Teenagers**

**Earbuds/Headphones**  
**Toiletries (like AXE)**  
**Journals**  
**Gift Cards**

**Miscellaneous Items**

Transit Passes  
Grocery Cards (Walmart/Superstore)  
Journals  
**New Strollers**



## Toiletry Bags [care packages]

### Family/Single

Body lotion  
Kleenex  
Small Boxes of Q Tips/Cottonballs  
Mini sewing kits  
Nail Clippers

\*\*Please note that we do not take hotel size-due to the length of stay that the clients are at the Shelter.  
Thank you for your support.

*\*Please keep in mind, due to health and safety concerns, we **cannot accept used** clothing and toys*

*\*Also note; we **cannot accept new or used** furniture, small appliances and **household** items.*