



## 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  
**Spring Clothing**  
Toddler socks  
Baby Monitors  
Diapers size 5 + 6  
Pull Ups-all sizes  
Regular and Soy Formula  
Baby Wipes  
**Spring Jackets**  
**Shoes [sizes 3-13]**  
**Toddler utensils**  
Baby Thermometers  
Baby Bottles

**Moms**

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

**Boys (ages 2-17)**

**Spring/summer Clothing**  
**Spring/summer Jackets**  
**Spring/summer Pants/Jeans**  
**Spring/summer Pajamas**  
**Shoes/Sneakers/rubber Boots**  
**slippers**

**Girls (ages 2-17)**

**Spring/summer Clothing**  
**Spring/summer Jackets**  
**Spring/summer Pants/Jeans**  
**Spring/summer Dresses/Skirts**  
**Spring/summer Pajamas**  
**Shoes/Sneakers/rubber Boots**  
**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  
Floss  
Razors  
Hair Brushes/Combs

\*\*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.*