



## 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/donate>

#### 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/Summer Clothes, etc.)  
Baby Monitors  
Baby Lotion  
Pull Ups (3T/4T)  
Bottles  
Diaper Cream  
Vaseline  
Hats  
Pacifiers  
Soy Formula  
Swimming Suits

**Moms**

Leggings (S, M, L, XL)  
Pants/Jeans/Shorts (4 up to 16)  
Dresses (Casual & Professional)  
Pajamas  
Shoes/Sneakers (Sizes 7-10)  
Bras/Underwear  
Spring/Summer T-Shirts  
Slippers  
Spring/Summer Jackets  
Sandals/Flip Flops  
Sports Bras (All Sizes)  
Swimming Suits

**Boys (ages 2-17)**

Spring/Summer T-Shirts  
Spring/Summer Jackets  
Pants/Jeans/Shorts  
Pajamas  
Shoes/Sneakers  
Sandals/Flip Flops  
Hats  
Swimming Suits

**Girls (ages 2-17)**

Spring/Summer T-Shirts  
Spring/Summer Jackets  
Pants/Jeans/Shorts  
Dresses/Skirts  
Pajamas  
Shoes/Sneakers  
Sandals/Flip Flops  
Hats  
Swimming Suits

**Miscellaneous Items**

Transit Passes  
Grocery Cards (Walmart/Superstore)  
Umbrellas  
Journals  
Sleeping Bags  
Sun Hats  
Sunscreen  
Bug Spray  
New Strollers



## Toiletry Bags [care packages]

### Family/Single

Brushes  
Conditioner  
Deodorant  
Body lotion  
Kleenex  
Loofahs  
Small Boxes of Q Tips/Cottonballs

\*\*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.*