



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, Winter Clothes, etc.)
Toddler socks
Baby Monitors
Baby Lotion
Diapers size 6
Pull Ups (3T/4T)
Bottles
Diaper Cream
Vaseline
Hats
Pacifiers
Regular and Soy Formula
Baby Wipes

Winter Jackets

Boys (ages 2-17)

Winter Clothing
Winter Jackets
Pants/Jeans
Pajamas
Shoes/Sneakers
Winter Boots

Moms

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

Winter Jackets

Winter Clothing (Sweaters etc.)
Winter Boots

Girls (ages 2-17)

Winter Clothing
Winter Jackets
Pants/Jeans
Dresses/Skirts
Pajamas
Shoes/Sneakers
Winter Boots

Miscellaneous Items

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



Toiletry Bags [care packages]

Family/Single

Hair Brushes
Conditioner
2in1 Shampoo/Conditioner
Deodorant
Body lotion
Kleenex
Loofahs
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.***