



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, 6
Pull Ups (4t/5t)
Regular and Soy Formula
Baby Wipes
Spring jackets

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
Summer hats

Boys (ages 2-17)

Spring Clothing
Spring Jackets
Pants/Jeans
Pajamas
Shoes/Sneakers
Slippers
Summer hats

Girls (ages 2-17)

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

Miscellaneous Items

Transit Passes
Grocery Cards (Walmart/Superstore)
Journals
Sunscreen
Water Bottles- Adult/children



Toiletry Bags [care packages]

Family/Single

Body lotion
Kleenex
Small Boxes of Q Tips/Cotton balls
Mini sewing kits
Nail Clippers
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.*