

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 on the next page.

Due to health and safety concerns, we **cannot accept used clothing and toys.*

We **cannot accept new or used furniture, small appliances and household items.*

**We do not take hotel/travel size due to the length of stay that clients are at the Shelter.*

ESSENTIAL NEEDS

Babies (Newborn – 3)

Regular and Soy Formula

Teething toys

Pacifiers

Shoes [sizes 3-13]

Clothing

Baby Nail Clippers

Toddler Toys

Toddler socks

Baby Shampoo

Baby Body Wash

Baby Lotion

Baby Oil

Kids (Ages 4 - 12)

Winter/fall clothing

Jeans/pants

T-shirts

Shoes/Sneakers/ Runners/Winter Boots

Hoodies

Pajamas

Underwear all sizes

Teenagers (Ages 13 – 17)

Winter/fall clothing

Winter/fall Jackets

Shoes/Sneakers/ Runners/Winter Boots

Jeans/pants

T-shirts

Hoodies

Pajamas

Underwear all sizes

Moms

Winter/fall Clothing

Winter/fall Jackets (S,M,L,XL)

Tops (S ,M, L, XL)

Leggings (S, M, L, XL)

Pants/Jeans (4 up to 12)

Shoes/Sneakers/Winter Boots (Sizes 7-10)

Bras/Underwear (Regular and Sports Sizes M, L, XL)

Pajamas (S, M, L, XL)

Hoodies (S, M, L XL)

Miscellaneous Items

Gift Cards

Grocery Cards (Walmart/Superstore)

Transit Passes

Journals, pens

New Strollers

Earbuds /Headphones

Backpacks and travel bags

Toiletry Bags [care packages]

Family/Single

Shampoo

Conditioner

Deodorant

Hair Brushes/Combs

Body wash

Body lotion

Toothpaste/brushes

Hands cream

Kleenex small packages and boxes

Small Boxes of Q Tips/Cotton balls

Nail Clippers

Floss

Razors