

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

PPE (masks, shields, gowns)
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
Floss
Razors