

## 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  
Diaper Rash Cream  
Diapers size 5,6,pull-ups

## **Kids (Ages 4 - 12)**

Fall/Spring clothing  
Jeans/pants  
T-shirts  
**Shoes/Sneakers/ Runners/Rubber boots**  
Hoodies  
Pajamas  
Underwear all sizes

## **Teenagers (Ages 13 – 17)**

Fall/Spring clothing  
**Fall/Spring Jackets**  
**Shoes/Sneakers/ Runners/Rubber boots**  
Jeans/pants  
T-shirts  
Hoodies  
Pajamas  
Underwear all sizes

## **Moms**

Fall Spring Clothing  
Fall/Spring Jackets (S,M,L,XL)  
Tops (S ,M, L, XL)  
Leggings (S, M, L, XL)  
Pants/Jeans (4 up to 12)  
**Shoes/Sneakers (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**