

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

Baby:

Spring/Summer Clothing
Socks
Size 6 Diapers

Toddlers Size 2-5 T

Spring/Summer Clothing
Runners
Size 4-5 Pull ups

Youth Size 6 - 14

Spring/Summer
Leggings for Teens
Shoes

Moms/Teens:

Leggings
T-Shirts
Flip-Flops
Runners
Make-up – Foundation, Mascara, Lip Balm

Miscellaneous Items

Gift Cards
Grocery Cards (Walmart/Superstore)
Transit Passes
Earbuds /Headphones

Summer

Skateboards
Bike Helmets