

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)

Toddler Utensils
Baby Bottles
Teething Toys
Pacifiers
Sippy Cups
Baby Monitors
Diapers size New Born, 1, 2 3, 4, 5, 6
Pull Ups-all sizes
Regular and Soy Formula
Baby Wipes
Clothing
Toddler socks
Shoes [sizes 3-13]
Diaper Rash Cream
Baby Shampoo
Baby Body Wash
Baby Lotion
Baby Oil

Kids (Ages 4 - 12)

Jeans/pants
Hoodies
T-shirts
Winter Jackets
Pajamas
Shoes/Sneakers/ Runners/ Winter boots
Slippers
Underwear all sizes
Backpacks

Teenagers (Ages 13 – 17)

Jeans/pants
Hoodies
T-shirts
Pajamas
Shoes/Sneakers/Runners
Slippers
Socks
Underwear all sizes
Backpacks
Toiletries for Boys (like Axe)

Moms

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)
Slippers
Hoodies (S, M, L, XL)
Spring Jackets (M, L, XL)
Spring Clothing
Spring Pajamas

Miscellaneous Items

Gift Cards
Grocery Cards (Walmart/Superstore)
Transit Passes
Journals, pens
New Strollers
Throws
Movie passes
Earbuds /Headphones
Cell phone chargers
Blankets
Backpacks and travel bags

Toiletry Bags [care packages]

Family/Single

Body lotion
Kleenex small packages and boxes
Small Boxes of Q Tips/Cotton balls
Mini sewing kits
Nail Clippers
Floss
Razors
Hair Brushes/Combs
Toothpaste/brushes
Hands cream
Shampoo
Conditioner
Body wash
Sunscreen (Children/Adult)
Reusable Shopping Bags