



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 below.

Please keep in mind, due to health and safety concerns, we **cannot accept used clothing and toys*

Also note; we **cannot accept new or used furniture, small appliances and items.*



BASIC ESSENTIALS LIST
Current Immediate Needs

Babies

Nail Clippers
Clothing (Sleepers, etc.)
Toddler socks
Baby Monitors
Diapers size 5 + 6
Pull Ups (3t/4t/5t]
Regular and Soy Formula
Baby Wipes
Jackets
Shoes [sizes 3-13]
Toddler utensils
Baby Thermometers
Baby Bottles

Moms

Leggings (S, M, L, XL)
Pants/Jeans (4 up to 16)
Dresses (Casual & Professional)
Shoes/Sneakers/boots (Sizes 7-10)
Bras/Underwear (Regular and Sports)
Slippers
Jackets
Clothing
slippers
Pajamas

Boys (ages 2-17)

Clothing
Jackets
Pants/Jeans
Pajamas
Shoes/Sneakers/Boots
slippers

Girls (ages 2-17)

Clothing
Jackets
Pants/Jeans
Dresses/Skirts
Pajamas
Shoes/Sneakers/Boots
slippers

Teenagers

Earbuds/Headphones
Toiletries (like AXE)
Journals
Gift Cards

Miscellaneous Items

Transit Passes
Grocery Cards (Walmart/Superstore)
Journals
New Strollers



Toiletry Bags [care packages]

Family/Single

Body lotion
Kleenex
Small Boxes of Q Tips/Cottonballs
Mini sewing kits
Nail Clippers
Floss
Razors
Toothpaste – Regular Size
Soap
Hair Brushes/Combs

**Please note that we do not take hotel size-due to the length of stay that the clients are at the Shelter.
Thank you for your support.

Please keep in mind, due to health and safety concerns, we **cannot accept used clothing and toys*

Also note; we **cannot accept new or used furniture, small appliances and **household** items.*