

FearIsNotLove

ESSENTIAL NEEDS

Options for Giving at This Time

Cash / OnLine

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: FearIsNotLove
500, 1509 Centre St SW
Calgary, AB T2G 2E6

Donate on-line by visiting: <https://www.fearisnotlove.ca/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.

*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.

Baby:

Pants
Tops
Baby Toys
Size 6 diapers ONLY

Toddlers Size 2-5 T:

Pants
Tops
Hoodies
Runners
Size 4-5 Pull ups ONLY
Winter boots & jackets

Youth Size 6 – 14:

Pants
Tops
Hoodies
Runners
PJ's for Boys 10 – 16
Lego
Winter boots & jackets

Moms:

Leggings
Hoodies
Runners
Make-up – Foundation, Mascara, Lip Balm
Suitcases
Winter boots & jackets

Miscellaneous Items:

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

For our Child Activity Centre:

Glue Sticks
Scotch & Masking Tape
Craft Paint and Brushes
Construction Paper
Bristol Board
Ziplock Bags – Sandwich size and larger
Play Doh
Bubbles
Food Coloring
Pipe Cleaners
Fabric
PomPoms
Basketballs/Soccer Balls. Footballs

Sensory Toys:

Fidget Toys
Kinetic Sand
Spinning Tops
Textured Balls
Shaker eggs
Silly Putty

Essentials:

Body Wash for Kids
Kids toothbrushes
Kids toothpaste
Body Wash for Adults
Adult Toothpaste