

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.

Baby:

Spring/Summer Clothing
Socks
Size 6 Diapers

Youth Size 6 - 14

Spring/Summer
Leggings for Teens
Shoes

Miscellaneous Items

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

Toddlers Size 2-5 T

Spring/Summer Clothing
Runners
Size 4-5 Pull ups

Moms/Teens:

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

Summer

Skateboards
Bike Helmets

*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.