

# 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

**Size 6 diapers ONLY**

**Toddlers Size 2-5 T:**

Pants

Tops

Hoodies

Runners

**Size 4-5 Pull ups ONLY**

**Sippy Cups**

Winter boots & jackets

**Youth Size 6 – 14:**

Sweatpants

Tops

Hoodies

Runners

**PJ's for Boys 10 – 16**

Winter boots & jackets

**Moms:**

Leggings

Sweatpants

Hoodies

Runners

Make-up – Foundation, Mascara, Lip Balm

Winter boots & jackets

**Essentials:**

Body Wash for Kids

Kids toothbrushes

Kids toothpaste

Body Lotion

**Child Activity Centre:**

Glue Sticks

Scotch & Masking Tape

Craft Paint and Brushes

Construction Paper

Bristol Board

Ziplock Bags – **XL size**

Play Doh

Bubbles

Food Coloring

Pipe Cleaners

Fabric

Pom Poms

**Shelter:**

**Twin Mattress Protectors**

Twin Comforters

Pillows

Dish Soap

**Miscellaneous Items:**

Gift Cards

Grocery Cards (Walmart/Superstore)

Transit Passes

Earbuds /Headphones

Batteries for Toys

Suitcases