

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:

Joggers

Tops

12 – 18 Months PJ's

Toys for 0 – 12 months

Toddlers Size 2-5 T:

Joggers

Tops

Hoodies

Runners

Size 4-5 Pull ups ONLY

Sippy Cups

Winter boots & jackets

Youth Size 6 – 14:

Joggers

Tops

Hoodies

Runners

PJ's for Boys 10 – 16

Winter boots & jackets

Moms:

Leggings

Joggers

Hoodies

Runners

Sports Bras

PJ's ALL sizes

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