

# 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.

**Shelter:**

**\*\*Travel Size OTC Medication\*\***

Twin Mattress Protectors  
Twin Comforters  
Pillows  
Dish Soap

**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

**Miscellaneous Items:**

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

**Baby:**

Pants  
Tops  
Size 6 diapers ONLY

**Toddlers Size 2-5 T:**

Jogger Pants  
Tops  
Hoodies  
Runners  
Size 4-5 Pull ups ONLY  
Sippy Cups

**Youth Size 6 – 14:**

Jogger pants  
Tops  
Hoodies  
Runners  
PJ's for Boys 10 – 16

**Moms:**

Leggings  
Jogger Pants  
Hoodies  
Runners  
Make-up – Foundation, Mascara, Lip Balm  
Journals/Pens  
Sports Bras

**Essentials:**

Body Wash for Kids  
Kids toothbrushes  
Kids toothpaste  
Body Lotion