

Fill a Sock



Warm the hearts of those experiencing homelessness and poverty by filling a sock with essential donations. Support individuals in need during the cold winter months with this simple yet impactful gesture of compassion which aims to bring hope and positive impact on the lives of those in need.

STEP 1

Buy a warm pair of socks.

STEP 2

Put 1 sock in the other sock, and continue to fill with items, such as:

- | | |
|--|---|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Travel-size Toothpaste | <input type="checkbox"/> Comb |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Earplugs |
| <input type="checkbox"/> Travel-size Shampoo, Conditioner, Lotion, and Body Wash | <input checked="" type="checkbox"/> Razor |
| <input type="checkbox"/> Travel-size Q-tips | <input type="checkbox"/> Hand Warmers |
| <input type="checkbox"/> Travel-size Tissue | <input type="checkbox"/> Sleep Mask |
| <input type="checkbox"/> Nail Clippers | <input type="checkbox"/> \$10 Tim Hortons or McDonald's Gift Card |

Please do NOT include: Food Chocolate Candy Items with alcohol

STEP 3

Include an optional note of encouragement and compassion for those going through hard times this winter season.

STEP 4

Drop off at one of the following locations:

Community Impact Centre Downtown

102 11 Ave SE
Calgary, AB
Seven days a week from
9 a.m. - 5 p.m.

Foothills Shelter

7025 44 St SE
Calgary, AB
Seven days a week from
8 a.m. - 7 p.m.

Resource Sorting Centre

Bay 27, 4216 54 Ave SE
Calgary, AB
Tues. - Sat. from
1 p.m. - 4 p.m.

WINTER WISH LIST

Build a Backpack

Help us fill backpacks with essential supplies for those experiencing homelessness, igniting hope and making a tangible impact on their lives. Together, we can provide the tools and resources they need to find a brighter tomorrow.

- Backpack (darker colours preferred)
- Hoodie
- Underwear
- Long Underwear
- Warm Socks
- Toque
- Mitts/Gloves
- \$10 Tim Hortons or McDonald's Gift Cards
- Travel Mug
- Transit Tickets

* Please DO NOT include food, chocolate, candy, or items with alcohol.

Essential Items

Give a vital donation today by providing warmth and comfort to those in need. A small act of kindness can make a big difference in the life of someone going through hard times.

- Blankets
- Towels
- Winter Jackets
- Winter Gloves/Mitts
- Men's Size Small Clothing
- New Underwear

Hygiene Items:

- Nail Clippers
- Earplugs
- Travel-Size Tissue
- Q-Tips
- Deodorant
- Razors
- Travel-Size Shampoo, Conditioner, Lotion, & Body Wash

Other Ways To Get Involved

❄️ Follow us on social media! You can make a difference with just one click.



@mustardseedcan



@themustardseedyyc



@theseed.ca



@themustardseed1

❄️ Discover the power of knowledge and empathy by having a dedicated staff member from our team to speak and educate your group. Email CommunityEngagement@theseed.ca to learn more.

❄️ Join our dedicated team of volunteers and help create positive change in our community. Email Volunteer@theseed.ca for more information.

THANK YOU FOR YOUR SUPPORT AND COMMITMENT TO SERVING OTHERS THIS SEASON

Drop-Off Information:

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Calgary, AB T2C 4E8
Seven days a week from 8 a.m. - 7 p.m.

Resource Sorting Centre
Bay 27, 4216 54 Ave SE
Calgary, AB T2C 2E3
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