



# Ways to help, give, and get involved with your community through Distress Centre Calgary

Donate or coordinate a drive for:

- **Cold weather items\***

*little hotties, toques, mitts, coats, long johns, and winter boots for all ages. Sleeping bags are a high value item.*

- **Personal hygiene & basic needs\***

*'hotel' size shampoo & conditioner, feminine hygiene supplies, soap, a really high value item is dry shampoo. Socks, pants, shirts, hoodies. Backpacks are also a high value item.*

- **Instant food**

*in pop top cans or packages that can be eaten without heating or adding milk or water (ex. granola bars, tuna, packages of crackers & cheese, peanut butter and crackers, individual packages of cookies, pull top beefaroni or ravioli)*

- **Gift cards**

*for coffee shops, fast food restaurants, clothes, groceries, cell phone minutes*

- **Fun items**

*colouring books (adult & children), reading books, crossword/puzzle books, pens & pencils, crayons markers, lip gloss, nail polish, jewelry, etc.*



If interested, kindly contact us at [donate@distresscentre.com](mailto:donate@distresscentre.com). Keep warm!

\*For gently used clothing and accessories, we ask that you please wash them before donating as we do not have laundry facilities in our building.