



### ***Holiday Guidelines for Giving:***

With the help of the community, Women's Habitat has always been able to make life a little bit brighter for women and their children fleeing violence. For more than 30 years, we have helped thousands of women and their children rebuild their lives.

*Please note that due to the overwhelming generosity of our community during the holiday season, and a shortage of storage space, we will not be accepting donations of used clothing and toys until further notice.*

If you are interested in donating to us, we ask that you consider the following options.

*Grocery and department store gift cards* – These gift cards are provided to women who are moving out of the shelter. They are also provided during the holiday season to past shelter residents and to outreach clients. We recommend **No Frills** and **Wal Mart** gift cards.

*TTC Tickets:* The women who use our shelter and our outreach centre live in poverty. They do not own cars. Their means of transportation is the TTC. When you're living on a small income, TTC tickets are expensive luxuries, and yet necessities.

*Non-perishable food (tuna, beans, vegetables, peanut butter, soup):* Being on a limited income means that the majority of your monthly income goes to pay your rent. At our outreach centre, we have a "mini" food bank, where women can get a few items to make it through the month.

*Toiletries: (Deodorant; Shampoo and Conditioner; Toothpaste; Feminine Napkins):* With 25 people in the house at all times, we go through a lot of toiletries. And each time a new woman comes in we have a care package in her room waiting. Many times, women arrive at the shelter with just the clothes on their backs.

*Cash donations:* We use donations to purchase TTC tickets for women to go to court appointments, job interviews, or to take their kids to the doctor. We also purchase grocery and department store gift cards to help set women up in a new home.

We are not able to accept the following items:

- Used computers and computer equipment
- Housewares and kitchen items that are chipped, cracked or missing pieces
- Used or open cosmetics and toiletries
- Used undergarments or hosiery
- Used stuffed animals and other soft toys

To make a donation, or to ask a question about our guidelines, please contact Ursula at 416-252-7949 x230 or [ukrubnik@womens-habitat.ca](mailto:ukrubnik@womens-habitat.ca).