

UNITED WAY

# WOMEN UNITED™

## Donations for women in need

### Kingston Interval House and Lennox and Addington Interval House:

**Needs:** Wal-Mart and No Frills gift cards or gift cards that can help purchase gifts, towels, toiletries and personal hygiene items, bedding, cleaning supplies, canned foods, gifts for older teen including stocking stuffers, baby supplies including pacifiers, onesies, diapers, and baby wipes, slippers and slip on shoes, warm clothing including hats, mitts, scarves and socks, creative materials like journals, crayons, and colouring books.

Both also have a full list of wish items on their websites

[www.kingstonintervalhouse.com](http://www.kingstonintervalhouse.com); [www.intervalhousenapanee.ca](http://www.intervalhousenapanee.ca)

**Other shelters:** Underwear for all ages (kids & adult) different sizes, socks for all ages, deodorant, shampoo, conditioner, body soap, baby wipes, PJ's (adult & kids), cutlery, bowls, kids cups, plates, sippy cups, children's Tylenol & Advil, feminine hygiene products, bedding, hats, mitts, gloves, cleaning supplies, laundry soap, garbage bags, freezer bags.

**Kingston Youth Shelter** also accepts targeted donations through Amazon.ca - more info at - [kingstonyouthshelter.org](http://kingstonyouthshelter.org)

**Dress for Success:** gently used, nearly-new professional attire, panty hose and tights, underwear. A wish list can also be found at - [kingston.dressforsuccess.org](http://kingston.dressforsuccess.org)

**Elizabeth Fry:** Kitchen wares esp. crock pots & coffee urns, dishes, pots/pans, craft supplies incl. glue guns, glue sticks, journals, adult colouring books, coloured pencils/markers. Personal hygiene incl. hairbrush toothbrush, feminine hygiene, hats, mitts, slippers, pj's, comfy clothes, socks, twin bedding, kitchen linens.

**Better Beginnings:** Books that are good quality for children under six, sleepers, infant toys, bibs, wooden puzzles for under 6.

Items to avoid: Unfortunately used baby items can't be accepted although exceptions can be made and if you have used items it is best to call or bring them in for evaluation. Most organizations also have an abundance of stuffed toys and instead ask for things like books (new) and gift cards to purchase items.