



## The Center for Family Safety and Healing

### Donation List for Adult Victims of Domestic Violence

Looking for a unique project for your company, school, or church? You can assist adult victims of intimate partner violence by collecting new items and placing them in new string bags, backpacks, or purses. [Your donation will improve the lives of our clients as they continue on their path to healing.](#)



#### Necessity Bag

Many victims of domestic violence choose to leave their homes to ensure their own safety and the safety of their children. As leaving can be the most dangerous time for victims, some may not be able to gather all their necessities before going to stay with a friend or family member, entering a safe shelter, or temporarily checking into a hotel. It can be extremely unsafe for them to re-enter the home to retrieve items for everyday use. Providing victims with a **Necessity Bag** is a way to make sure their basic needs are met and to ensure safety.

Shampoo	Shaving cream
Conditioner	Razors
Soap/body wash	Feminine hygiene products
Toothpaste	Brush/comb
Toothbrush	Lotion
Deodorant	Hair care products (for all ethnicities)

#### Self-Care Bag/Purse

Maintaining emotional well-being can be just as important to victims of domestic violence as their physical safety. When isolated, a journal can help sort out feelings or make a safe plan for leaving the relationship. A planner or calendar can be very helpful to keep the many appointments and court dates straight. Other items included in the **Self-Care Bag/Purse** might allow a victim to focus attention on something other than the stressful and emotional situation. Items such as sketch pads or puzzle books may help them feel like their old self again.

Planners/Calendars	Slippers
Pens	Journals
Books	Sketch pads
Nail polish	Adult coloring books
Nail polish remover	Colored pencils
Makeup	Puzzle books

#### Other Items

Gift card amounts from \$5-25 are greatly appreciated and can alleviate a small amount of financial stress during these difficult times. Many of our clients rely on public transportation to conduct their business. Daily COTA bus passes (<http://www.cota.com/Fares-Passes/COTA-Pass-Outlets.aspx>) are another great way to contribute to the needs of our clients.

Hats	Grocery cards
Gloves	Gas cards
Scarves	Gift cards
Bus passes	

<http://familysafetyandhealing.org/how-to-help/>

