



## Support Patients and Families at The Center for Family Safety and Healing

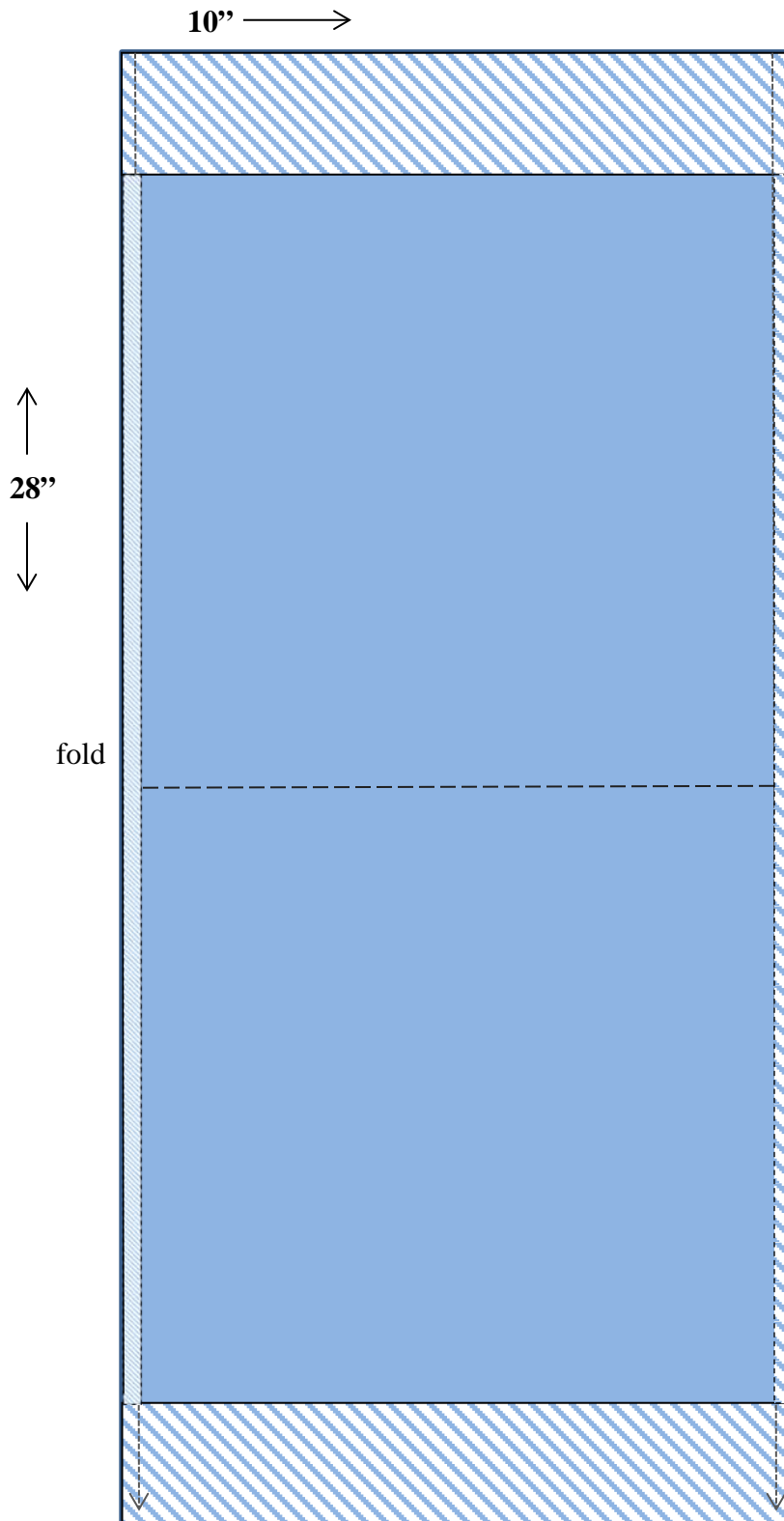
- **Purchase items from the Wish List**—an up-to-date list of needed items can be found at <http://familysafetyandhealing.org/support-us/donate/> .
- **Make blankets**—Blankets should be made from cozy, washable fleece fabric or yarn. It is easiest to use those that are no smaller than 32”x45”.
- **Hygiene Kits Bags**—the pattern for Hygiene Kit bags is on the next page. Hygiene Kits are given to patients (children and teens). Bags can be left unfilled or you can fill them with items listed on the wish list such as shampoo, conditioner, deodorant, and body wash. Please remember to include products for all hair and skin types.
- **Necessity Bag or Self Care Bag**—Adult victims of domestic violence may have to leave their homes to ensure their safety. In a drawstring bag, backpack, or purse, place items such as a planner, pens, journal, and/or personal care necessities.
- **Book drive**—collect new and gently used books for use by patients in the playroom.
- **Coloring book and crayon drive**—coloring books and crayons are creative ways to ease a child’s stress when waiting for an appointment.

If you have questions, please email [TCFSHVolunteer@familysafetyandhealing.org](mailto:TCFSHVolunteer@familysafetyandhealing.org) or call 614-722-8434.

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# HYGIENE KIT BAG PATTERN

Images shown are not actual size.



Choose material that is child/teen friendly. Bags will hold soap, lotion, toothbrush, toothpaste, etc. Thank you!

1. Cut rectangle 28" x 10".
  2. Fold and sew 1/4" seam on each side to eliminate raw edges.
  3. Fold and sew a 1-1/2" seam at both short ends. This will create the pocket for the ribbon.
  4. Fold material in half lengthwise, bottom to top. Right sides together.
- Continues on next page...*



5. Stitch up the sides from the bottom, stopping at the top seam (arrow). Leave pocket open for the ribbon.
6. Trim seams.
7. Turn right side out.
8. Run ribbon through newly created openings using a safety pin. Tighten slightly and knot to keep in place.

