

# Donation List for Adult Victims of Domestic Violence

## Necessity Bag

Many victims of domestic violence choose to leave their homes to ensure their 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, so providing victims with a Necessity Bag is a way to make sure their basic needs are met and their safety is increased.

### Items include:

- Shampoo
- Conditioner
- Soap/body wash
- Toothpaste
- Toothbrush
- Deodorant
- Shaving cream
- Hair care products
- Razors
- Feminine hygiene products
- Brush/comb
- Lotion

## Self-Care Bag/Purse

Maintaining emotional well-being and safety can be just as important as physical safety for victims of domestic violence. If a person has been isolated from others outside the relationship, a journal could help them sort out their feelings or make a safe plan for leaving the relationship. If there has been a recent arrest or the victim is trying to get a protection order against an abuser, 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 just allow someone to focus their attention on something other than the stressful and emotional situation and may help them feel like themselves again and do what they once enjoyed.

### Items include:

- Planner/calendar
- Pen
- Book
- Nail polish/remover
- Makeup
- Slippers
- Journal
- Sketch pad
- Adult coloring book
- Colored pencils/thin markers
- Puzzle books (Crossword, Sudoku, etc.)

## 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 do not have transportation and rely on public transportation to conduct their business. Daily COTA bus passes ([www.cota.com/general-fares/cota-pass-outlet/](http://www.cota.com/general-fares/cota-pass-outlet/)) are another great way to contribute to the needs of our clients.

### Items include:

- Hats
- Gloves
- Scarves
- Bus passes
- Grocery cards
- Gas cards
- Gift cards

**Please note: String bags, totes and purses need to be new and unused.**

*Thank you for your generous contribution. Your donation will improve the lives of our clients as they continue on their path to healing from violence.*

