

# Chrysalis House

## Fall / Winter 2019 Wish List

It is through the generous donations of the community that we are able to provide necessary comfort items for women and children, as well as supplies for therapeutic and recreational programming.

Please see list for ideas, but you are also welcome to call 613-591-5991 ext. 229 to discuss your ideas with a worker.

### New Items for the "House"

- Polaroid Camera

### New items

- Journals
- Umbrellas
- Hair Straighteners
- Hair Dryers
- Travel Coffee Mugs
- Water Bottles
- Ear Phones
- Reading Glasses
- 2020 Calendars/Agendas
- Kids Bed Sheets / Crib Sheets
- Tupperware containers for lunch kits and general use
- Ice packs for lunch kits
- Lanyards
- Maxi pads / panty liners
- Slippers
- Bathrobes
- Adult pajamas

### Arts and Crafts

- Craft Supplies

### Gift Certificates

- Dollarama
- Wal-Mart
- Loblaws
- Chapters
- Coffee Shops
- Michaels
- Gas Cards
- Bayshore
- Pay as you go phone cards
- Phone chargers

### Small household items to be given to women as they transition back to the community

- Pots and Pans
- Dishes and Cutlery
- Microwave Ovens
- Toasters
- Kettles
- Coffee Makers
- Bed Sheets
- Bath Towels / Face Cloths
- Table lamps

### Passes and gift cards for activities

Fun Haven, Kids Kingdom, Altitude Gym, Saunders Farm, Landmark Cinemas, wave pool

*We also gratefully accept monetary donations which go towards supporting ongoing program needs.  
To learn how you can help, please visit: [wocrc.ca](http://wocrc.ca).*