



# Chrysalis House

## 2021/22 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 the 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

- Roku
- Journals
- Umbrellas
- Hair Dryers
- Hair Straighteners  
+ Curling Irons
- Travel Coffee Mugs
- Water Bottles
- Ear Phones / Ear Buds
- 2022-2023 Calendars /  
Agendas
- Kids Bed Sheets / Crib  
Sheets
- Tupperware containers
- Lanyards
- Slippers
- Bathrobes
- Adult Female Pajamas
- Large coffee mugs
- Sippy cups for babies
- Adult women's sweaters,  
tshirts and sweatpants
- Adult leggings

### Arts and Crafts

- Craft Supplies
- Painting canvases
- Adult Colouring Books
- Adult Activity Books

### Gift Certificates

- Dollarama
- Uber Eats
- Netflix
- Food Basics
- Wal-Mart
- Loblaws
- Chapters
- Coffee Shops
- Michaels
- Gas Cards
- VISA/Mastercards
- Pay-as-you-go phone cards
- Value Village

- New Winter Clothing
- New Winter Boots
- Make-up + Skin Care  
Products - All skin types  
and colours
- Bubble Bath

### Household items for women as they transition back to the community

- Pots and Pans
- Dishes and Cutlery
- Microwave Ovens
- Toasters
- Kettles
- Coffeemakers
- Bed Sheets
- Bath Towels / Face Cloths
- Table Lamps
- Alarm Clocks
- Fans
- Nightlights
- Fidget toys / stress balls

*We also gratefully accept monetary donations which go towards supporting ongoing program needs.*

*To learn how you can help, please visit [www.wocrc.ca](http://www.wocrc.ca)*