



# Chrysalis House

## Winter 2023 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
- Bluetooth Speaker
- Umbrellas
- Hair Dryers
- Hair Straighteners  
+ Curling Irons
- Travel Coffee Mugs
- Water Bottles
- Ear Phones / Ear Buds
- Phone Chargers
- Kids Bed Sheets / Crib Sheets
- Tupperware containers
- Lanyards
- Slippers
- Bathrobes
- Bubble bath
- Adult Pajamas (light)
- Baby wipes
- Tablets
- Smart Phones
- Fidget toys / stress balls

### Seasonal Items

- Winter fun (games and activities)
- Winter hats, mittens, scarves, boots
- Winter clothes (all genders/sizes)

### Gift Certificates

- Dollarama
- Uber Eats
- Netflix
- Food Basics
- Wal-Mart
- Loblaws
- Chapters
- Coffee Shops
- Gas Cards
- Bayshore
- Pay-as-you-go phone cards
- Amazon

### Arts and Crafts

- Craft Supplies
- Stationary
- Adult Colouring Books

### Household Items

**(for residents as they transition back into the community)**

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

*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)*