

2022

Summer Wish List

Survival Items

- Bottled water
- Hats or bandanas
- Bug spray (non-aerosol can)
- Sunscreen lotion (non-aerosol can)
- Aloe Vera or after-sun lotion
- Reusable water bottles
- Summer clothing
- Sandals

The Gathering Place

48 Victoria Street West, Kamloops BC

Hours: 12 p.m. - 8 p.m.

- Blankets
- Pillows
- Sleeping bags
- Water bottles
- Granola bars
- Snack bars & trail mix
- Sunscreen
- Wide brim hats

Did you know we have a Health & Wellness Centre?

The Health and Wellness Centre in Kamloops offers services to vulnerable neighbours who need support. Services include housing referrals, government identification, tax clinics, street nurses, foot care, and mental health counselling.

The Health and Wellness Centre is open Monday - Friday, 9 a.m. - 12 p.m. & 1 p.m. - 4 p.m.

All donations can be dropped off at:

The Mustard Seed Outreach Centre

181 W Victoria Street
Kamloops, BC V2C 5L7

T: 250-372-9898

E: InfoKamloops@theseed.ca



Scan for our
list of urgently
needed items




THE
MUSTARD
SEED