

# Fill a Sock



Warm the hearts of those experiencing homelessness and poverty by filling a sock with essential donations. Support individuals in need during the cold winter months with this simple yet impactful gesture of compassion which aims to bring hope and positive impact on the lives of those in need.

## **STEP 1**

Buy a warm pair of socks.

## **STEP 2**

Put 1 sock in the other sock, and continue to fill with items, such as:

- |   |  |
|---|--|
| <input type="checkbox"/> Toothbrush   | <input type="checkbox"/> Chapstick                                   |
| <input type="checkbox"/> Travel-size Toothpaste                                     | <input type="checkbox"/> Comb  |
| <input type="checkbox"/> Deodorant  | <input type="checkbox"/> Earplugs                                    |
| <input type="checkbox"/> Travel-size Shampoo, Conditioner, Lotion,<br>and Body Wash | <input type="checkbox"/> Razor                                       |
| <input type="checkbox"/> Travel-size Q-tips   | <input type="checkbox"/> Hand Warmers                                |
| <input type="checkbox"/> Travel-size Tissue   | <input type="checkbox"/> Sleep Mask                                  |
| <input type="checkbox"/> Nail Clippers  | <input type="checkbox"/> \$10 Tim Hortons or<br>McDonald's Gift Card |

Please do NOT include:  Food  Chocolate  Candy  Items with alcohol

## **STEP 3**

Include an optional note of encouragement and compassion for those going through hard times this winter season.

## **STEP 4**

Drop off at one of the following locations:

**Community Impact Centre Downtown**  
102 11 Ave SE  
Calgary, AB  
Seven days a week from  
9 a.m. - 5 p.m.

**Foothills Shelter**  
7025 44 St SE  
Calgary, AB  
Seven days a week from  
8 a.m. - 7 p.m.

**Resource Sorting Centre**  
Bay 27, 4216 54 Ave SE  
Calgary, AB  
Tues. - Sat. from  
1 p.m. - 4 p.m.