

# Wellness Care Kit Wish List

## BODY

- Resistance bands
- Cookbook
- Active wear socks
- Slippers
- Nail clippers
- Reusable water bottle
- Sleep mask
- Epsom salts or bath bombs
- Box of tea
- Lotions or prepackaged masks

## MIND

- Aromatherapy – diffuser and / or oils
- Adult colouring books or sketch books
- Pencil crayons or markers
- Art kit
- Journal with pen
- Notepads
- Crossword puzzles or sudoku
- Playing cards
- A book

## SPIRIT

- A Bible
- Motivational book
- Rosary or mini rosary
- A cross keychain
- Written prayer request
- Motivational poster/quote

**Thank you for your generosity and compassion.** Our residents are incredible people who have overcome countless hardships and continue to bravely cope with the traumas of their pasts, many of them coming from chronic homelessness.

**Because of you,** our residents will know they are cared for and have a compassionate community supporting them on their journey towards better health, well-being, and independence.

# You can make a direct impact in the lives of our residents by **giving in 3 ways:**

**1 Create a wellness care kit individually or together with your coworkers, family, friends, school, church or clubs.**

- a. Choose as many items as you wish from each category (body, mind, and spirit),
- b. Put the items together in a box, basket, or an athletic / workout bag,
- c. If you have a printer, please print off the wish list, check off which items you'll be including, and attach it to your donation (*if no printer is available, a handwritten note stating this is for the "Wellness Campaign" and a list of items will suffice*),
- d. If you wish, please write and include a message to our residents,
- e. Drop-off your box at the location(s) listed below and **remember to tell our staff that your donation is for the Wellness Campaign.**

**2 Donate any item(s) from our list and we will ensure your donation will go directly into a Wellness Care Kit for a resident.**

- a. Bring your donation to one of the drop-off locations listed below,
- b. If you have a printer, please print off the wish list, check off which items you'll be including, and attach it to your donation (*if no printer is available, a handwritten note stating this is for the "Wellness Campaign" and a list of items will suffice*),
- c. Drop-off your items at the location(s) listed below and **remember to tell our staff that your donation is for the Wellness Campaign.**

**3 Donate financially and we will put together an amazing kit on your behalf.**

- a. Each kit will be valued at \$175 and will have a combination of items from each category (body, mind, and spirit),
- b. Donations can be made at [TheSeed.ca/wellnesskits](https://theseed.ca/wellnesskits).

## Drop-off locations

### Downtown Support Centre

Daily: 9 a.m. – 5 p.m.  
102 11 Ave SE  
Calgary, AB T2G 0X5  
p. 403.269.1319  
e. [Info@theseed.ca](mailto:Info@theseed.ca)

### Foothills Shelter

Daily: 9 a.m. – 4 p.m.  
7025 44 St SE  
Calgary, AB T2C 4E8  
p. 403.723.9422  
e. [Info@theseed.ca](mailto:Info@theseed.ca)

