

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

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

