

WINTER WISH LIST

Seasonal Needs

Support someone in need this winter by donating the following essential items:

Neck Warmers

Underwear

Hand / Foot Warmers

HYGIENE ITEMS

Toothbrush

Toothpaste

Dental Floss

Deodorant

Feminine Hygiene Products

Kleenex (travel-size)

Lip Balm

Wet Wipes (travel-size)

Hairbrush / Comb

Ear Plugs

Please do **NOT** include candy, chocolate, or food, or items with an alcohol base such as mouthwash, hand sanitizer, or perfume/cologne.

Urgently Needed Winter Items

Help our community members stay warm, dry, and protected from extreme temperatures this season by providing these critical items:

Winter Boots

Winter Jackets

Winter Gloves

Did You Know?

We have opened a Health and Wellness Centre! We are now providing programs and services to clients out of our Mustard Seed Community Centre.

For more information, please contact WellnessMH@theseed.ca or call 403.504.0342

THANK YOU FOR YOUR SUPPORT AND COMMITMENT TO SERVING OTHERS THIS SEASON

Drop-Off Information

The Mustard Seed Community Centre

503A Allowance Ave SE

Medicine Hat, AB T1A 3E4

Mon. - Thur.: 9 a.m. - 4 p.m.

Fri.: 9 a.m. - 1 p.m.

TheSeed.ca

