

*"When I first entered The Shelter, everything was a blur. I cried a lot. It was like there was trauma to my soul that I didn't recognize until I took part in the groups. Eventually, I made decisions. I had a sense of empowerment. The staff doesn't do things for you, but they assist and guide you to the resources you need to move forward."*

**Ellen (with Cocoa & Maddie)**



## ONGOING ESSENTIALS

### ADULT NEEDS

- Shampoo & conditioner
- Body wash (Full size)
- Twin and queen size bed linens
- Umbrellas
- Tote bags
- Towels & washcloths (all sizes)
- Pajamas
- Plastic dinnerware/tumblers
- Deodorant, razors
- Cooking & baking pans
- Tampons
- Toilet Paper & paper towels
- Toothbrushes, toothpaste and mouthwash (full size)
- Facial tissue
- Toothpaste
- Pillows
- Planners and journals
- Disposable razors
- Underwear and bras (all sizes)
- Basic skin care (lotions, cleanser, moisturizer and sunscreen)
- Dish detergent
- Incontinence products (large sizes)
- Hand-held Can openers
- Combs & hairbrushes
- Clothing in sizes 6-16

- Shoes and flip flops in all sizes

- Nail and toe clippers

### CHILDREN'S NEEDS

- Baby clothes
- Children's clothes
- Book bags
- Formula – all varieties
- Strollers
- Car seats
- Shoes- all sizes
- Socks- all sizes
- Diapers – (especially size 5&6)
- Baby wipes
- Pajamas- all sizes
- Underwear- all sizes
- Diaper Bags
- Pacifiers
- Baby bottles & sippy cups

### OUTREACH NEEDS

- Used cell phones
- Phone cards
- Gas cards
- CAT bus tickets
- Gift certificates to Payless, Wal-Mart, Publix, Target

### PANTRY NEEDS

- Tuna, ham, chicken

- Soups
- Pasta and pasta sauce
- Salt & pepper
- Sugar
- Rice
- Peanut butter & jelly
- Juice
- Fruit snacks
- Coffee (regular and decaffeinated)
- Cereal
- Canned food
- Macaroni and cheese
- Canned chili
- Oatmeal
- Ketchup, mayonnaise, mustard
- Juice boxes
- Ramen noodles
- Fresh fruits & vegetables
- Milk, bread and eggs

### PET SHELTER NEEDS

- Dog & cat food
- Pet shampoo & conditioner
- Cat litter, liners and dog waste bags
- Bowls—toys—snacks—chew bones
- Beds, blankets, carriers
- Collars—leashes

**\$300** – Sponsor one average family's food, toiletries, and household items for one week in the emergency shelter.

**\$500** – Sponsor some Shelter joy - fresh vegetables & fruit, milk, a birthday party, a cook out, a trip to the beach.

**DROP OFF LOCATION**—The Shelter Options Shoppe, 968 Second Avenue North, Naples, FL 34102 ~ 239-775-3862