



## Go Bag Essentials Project

Soroptimist International of Ceres is gathering essential items for HAVEN (Healthy Alternatives to Violent Environments) and the Stanislaus Family Justice Center. Both agencies aid victims and survivors of domestic violence and/or other emergency situations (primarily women and children) in Stanislaus County.

These agencies would appreciate any of the following items. **Please provide new or unopened items only.**

<b>Hygiene and First Aid Items (any size):</b>	<b>Children's Items:</b>
Body Wash, Shampoo, Conditioner	Diapers (especially 3-6 months)
Lotion, Lip Balm	Small Toys
Toothbrush & Toothpaste	Coloring Books
First Aid Kit, Hand Sanitizer	
Tissue	<b>Neutrally Colored Clothes/General Sizing:</b>
	Sweatpants/Sweatshirts
<b>Bags:</b>	T-shirts
Make-up bag or other small bags that close	Socks
Plastic or cloth grocery sized bags	Sports Bras (S/M/L/XL, etc)
Tote or duffle or drawstring bags	
	<b>Shoes/Sandals General Sizing (S/M/L/XL):</b>
<b>Other Useful Items:</b>	Clients use when they have no shoes available
Emergency blanket/items for cold-weather	
Journal/Self-Care and coloring items	<b>Gift Cards – \$10-\$25 amounts preferred:</b>
Reusable Water Bottles	Walmart/Target/Grocery Store
	Restaurant/DoorDash or food delivery service
<b>For HAVEN'S Shelter Program:</b>	Gas/Uber/Lyft
Pillows, Twin Sheet Sets, Towels and 18-gallon Totes	

### Ways to participate:

- Provide new or unopened items from the above list.
- Request help from people you know to provide items
- Help sort items on April 29 at 2904 4<sup>th</sup> Street, Ceres

Drop Items off at Meyer CPR & First Aid, 2904 4<sup>th</sup> Street, Ceres, from 10am - 2pm, Monday-Thursday and from 9-11 am on April 29 during Love Ceres event.

*Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.*