



NewLife for Women

WHAT TO BRING:

- An open mind and willingness to change your life for the better
- 5-7 days' worth of casual outfits, pajamas, socks, bras, panties
- 3 additional outfits for church
- No more than 4 pairs of shoes
- Toiletry, grooming, and personal/feminine hygiene items (cardboard only) (alcohol free)
- Notebook/folder with paper & pens for group work
- Envelopes & Stamps if you wish to write letters to friends/family
- Any & all current medications – Rx, over the counter, topical – be sure you have refills & bring a written doctor's order for non-Rx meds
- Health insurance card(s), if you have coverage
- Social Security Card
- Driver's License or other government issued photo ID
- Food Stamp Card, if you currently receive monthly benefits
- Important people's addresses and phone numbers
- AA/NA books, a Bible, devotional books – if you have them
- SMALL amounts of money for drinks, other incidentals
- Cigarettes if you smoke
- SMALL portion of drinks only, no snacks! There are also vending machines from which you can purchase soft drinks or bottled water.
- OPTIONAL: 2 or 3 small items such as pictures in table mounted frames, alarm clock, stuffed animal, etc.

We will provide bed sheets, blanket, pillow, bedspread, towels, and washcloths for your use during your stay.

WHAT NOT TO BRING:

- Negativity or bad attitudes
- Cell phones, beepers, personal computers, or other electronics
- More than 7 days' worth of clothes
- Large amounts of money
- Items of value, either monetary or sentimental
- Knives, guns, or other weapons
- Drugs, alcohol, or paraphernalia
- Perfume or body spray
- Body piercings – nose, lip, eyebrow, belly button, etc.
- No leggings

P.O. Box 553 ▪ Gadsden, AL 35902 ▪ 102 Centurion Way ▪ Gadsden, AL 35904
Phone (256) 413-0200 ▪ Fax (256) 413-0198