

# Fall & Winter Collection Drive

We would like to thank our greater community for supporting CMHA Calgary programs. Due to COVID-19, CMHA Calgary is limiting foot traffic throughout our main office. Please contact Elizabeth Cheme at [elizabeth.cheme@cmha.calgary.ab.ca](mailto:elizabeth.cheme@cmha.calgary.ab.ca) to schedule a date and time to drop off your items.

Due to COVID-19, **all items collected must be new**. We are unable to accept used items at this time.




## Toiletries

- Lotion
- Chapstick
- Deodorant (Men and Women)
- Toothpaste
- Cough drops
- Toothbrushes
- Feminine hygiene
  - Pads
  - Flushable wipes
- Kleenex
- Hair elastics
- Shampoo and conditioner
- Comb/hairbrush
- Re-usable masks
- Soap bars and portable soap container
- Body wash
- Body lotion
- Razors (good quality)



## Basic Wear

- Durable bags and backpacks 
- Durable purses
- X5 - regular & thermal socks
- Scarves
- Toques
- Gloves
- Thermal blankets
- Rain ponchos
- Men's winter jackets (All Sizes)
- Men's snow pants (All Sizes)
- Windbreaker jackets (All Sizes)
- Underwear (Men and Women, All Sizes)
- Disposable underwear (briefs)



**\*High importance item**



Canadian Mental  
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## Travel-Size Items

- Toothpaste
- Body wash
- Kleenex
- Body lotion
- Shampoo/conditioner
- Toothbrushes



## Survival

- Sleeping bags ★
- Reusable water bottle
- Band-Aids
- Hand warmers/feet warmers ★
- Tube tents
- Umbrellas



## Entertainment & Gifts

- Board games and puzzles
- Gift cards (\$5, \$10, \$15 for Walmart, Superstore, etc.)
- Journals and pens
- Calendars
- Small holiday gifts
- Decorations for celebrations
  - Birthday streamers
  - Cake mix and icing
  - Christmas - outdoor decorations



## Snacks ★

- Gift cards (\$5, \$10, \$15 for Tim Hortons, McDonalds, etc.)
- Granola bars (peanut free)
- Single-packed items (i.e. pudding)



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