



# Donations Needed

Donating items on this list to Wellspring Women's Center ensures our ability to provide vital life-saving resources to the women and children we serve with "dignity and love."

## Nutritious Meals Program

- Tea (Herbal, Black, Green)
- Honey
- Cream Cheese
- Yogurt (Bulk or Cups)
- Olive or Canola Oil
- Ground Coffee
- Sugar/Sweetener Packets
- Coffee Stirrers & Creamer
- Oatmeal (Bulk or Individual Packets)
- Cereal (Low Sugar)
- Plastic/Compostable Utensils
- Paper Towels
- Toilet Paper

## Women's Wellness/Safety Net Services

- Menstrual Pads
- Travel-Sized Toiletries: Soap, Shampoo, Conditioner, Lotion & Toothpaste
- Toothbrushes
- Deodorant
- Adult Pull-Up Diapers
- Bed Pads
- Grocery Gift Cards & Gas Cards \$10-\$20
- New women's Underwear
- New Sweatpants Size L -XXL

## Children's Corner

- Baby Wash
- Baby Shampoo
- Baby Lotion
- New Baby Bottles/Sippy Cups
- New Baby Onesies
- New Baby Bibs
- Disposable Diapers
- Baby Formula
- Diaper Cream

## Art of Being Program

- Yarn
- Crochet Hooks
- Gift Cards for Michael's & Blick Art Supplies
- Garment Fabric
- Fine Point Markers
- Sewing Machines (New and/or Working Only)
- Craft Scissors



Scan the QR codes below with any smartphone, or visit [wellspringwomen.org](http://wellspringwomen.org)

Donations of items listed here can be delivered to the back door of our building at 3414 4th Avenue, Sacramento Monday through Friday between the hours 8:30am-2:00pm

Email [jessica.m@wellspringwomen.org](mailto:jessica.m@wellspringwomen.org) or Call 916-454-9688 Extension 211 for donation questions, scheduling your donation dropoff, or to learn about hosting a collection drive!

Make a monetary gift to support our center

SCAN HERE



Ship your donation directly through amazon

SCAN HERE



**We are unable to accept used clothing, furniture, household items/decor, and other unlisted items. Please direct unlisted items to the organizations below to best serve our shared community**

### Union Gospel Mission

(916)447-3268

400 Bannon Street, Sacramento

### Goodwill

(916)584-7653

1900 Alhambra Blvd, Sacramento

### St. Vincent De Paul Society

(916)972-1212

3263 1st Avenue, Sacramento

### Assistance League of Sacramento

(916)488-0828

2751 Fulton Avenue, Sacramento

### Women's Empowerment

(Women's clothing donations)

(916)-669-2307

1590 North A Street, Sacramento