



Wellspring Women's Center nurtures the innate goodness and personal self-esteem of women and their children. Since 1987, our drop-in Center has provided respite and services based on "hospitality with dignity and love. Wellspring is able to function on a frugal budget and still provide many wonderful programs because supporters help us bring in \$250,000 a year of in-kind donations. We need your help to make this year a success and fill up our shelves with diapers, baby wash/lotion, feminine hygiene products, coffee, travel size toiletries, yarn, and so much more. This holiday season we are focusing on our priority needs in each program and your help is essential. Thank you!

HOLIDAY WISH LIST

Nutritious Meal Program:

- Tea (herbal, black, green)
- Honey
- Fruit Juice
- Cream cheese
- Yogurt (bulk or cups)
- Olive or Canola Oil
- Ground Coffee
- Coffee supplies (sugar & sweetener packets, stirrers, creamer, etc.)
- Jams/Jellies
- Oatmeal (bulk or packets)
- Cereal (low-sugar)
- Plastic or Compostable Utensils
- Paper Towels
- Toilet Paper

Children's Corner:

- Baby wash
- Baby lotion
- New Baby bottles/sippy cups
- All sizes of new onesies
- Baby bibs
- Disposable diapers (especially size 5, 6 and pull-ups)
- Baby Formula

Women's Wellness/Safety-net Program:

- Sanitary pads
- Travel-size toiletries:
 - soap/body wash
 - hand sanitizer
 - lotion
 - shampoo/conditioner
 - toothpaste
- Deodorant
- Small tissue packets
- Toothbrushes
- Adult Pull-up Diapers
- Bed Pads
- New adult women's Underwear
- Grocery gift cards (\$10-\$20)
- Gas cards (\$10-\$20)
- New Sweat Pants (Sizes L, XL, XXL)

Financial Donations:

Every gift, *no matter the size*, makes a difference!

Give by :

- **Check - Mail to:**
P.O. Box 5728
Sacramento, CA
95817
- **Online at:**
www.wellspringwomen.org

Art of Being Program:

- Gift cards: Michael's, Blick Art Supplies, JoAnn
- Garment fabric
- Mixed media paper 9 x 12
- Watercolor paper 9 x 12
- Yarn
- Sketchbooks 5 x 7 and 9 x 12
- Drawing pencils, sharpeners, erasers (or sets)
- Adult coloring books
- Fine point markers

Donation Delivery:

Donations may be delivered through Thursday, December 22nd to Wellspring:

3414 4th Avenue, Sacramento
Monday-Friday,
8:30am – 3:30pm

*Wellspring will be closed
December 23rd – January 2nd*

For more information:

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Your generous donations of these needed items ensure that our programs will continue throughout the year.