



a future without violence.

Reducing costs through donations from the public helps ensure our essential services continue to be free of charge for abused women and children.

Regrettably, we are unable to use some of the donations received from the community including: bulk garage sale leftovers, large used appliances, and out-of-season clothing.

NEEDED ITEMS FOR AUGUST

Urgent Needs

- Twin/Single Bedsheet Sets
- Laundry Soap
- Bus Tickets (Adults)
- Coffee & Tea
- Toilet paper
- Paper Towels
- Silverware: spoons & forks
- Bottled Water
- Diaper Care: rash cream & vaseline
- New Boys Underwear sizes 3T(XS) - 16(XL)

Back to School Supplies Needed



- Pencil Crayons
- Pencil Sharpeners
- Markers, Pens & Pencils
- Scissors
- Glue Sticks
- Calculators
- Combination Locks
- Binders 1" & 2"
- Notebooks
- Day Planners
- Pencil Cases

Donation Drop-off Location:

Donations are accepted Monday through Friday at the Anova shelter located at **101 Wellington Road**. To help us protect and store items, please package your donations in plastic bags or containers.

THANKS FOR YOUR SUPPORT!

**If You Are Abused, We Can Help. Call the 24-Hour Helpline
519-642-3000 or 1-800-265-1576**

MORE WAYS TO SUPPORT ANOVA

Join the Anova team – Become a Volunteer!

Anova has volunteer opportunities at our two shelters, second stage housing and our Horton site. There are so many ways you can help – provide childcare, sort donations, paint an apartment, and many more. If you are interested in becoming a volunteer, please contact **Carolyn, Volunteer Coordinator at 519-642-3003 x 4435.**

UPCOMING EVENTS

10th Annual Walk a Mile in Her Shoes® Sat. September 30, 2017, Victoria Park

Are you man enough? Join Anova at the 10th Annual Walk a Mile in Her Shoes® - an international Men's March to stop Rape, Sexual Assault and Gender Violence. Walk and raise funds to stop violence. **Registration is now open!** Register as an individual or as a team. For more information visit walkamilelondon.ca



Third Party Events

If you and/or your organization, service club, or community group are interested in raising funds to assist Anova, but are not sure where to begin, please contact **Pamela Coray, Development Manager at 519-642-3003 x 2252.**



Funds are needed to provide shelter and support to women and their children trying to create lives free of violence. Your financial donation will help to make a difference in their lives.

I am enclosing \$ _____ cheque payable to Anova

Mastercard VISA Card No. _____ EXP. _____

American Express Diners Club
Name on Card _____

NAME: _____ SIGNATURE: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE: _____

I would like to learn about ANOVA's monthly donation program. **THANKS FOR YOUR SUPPORT!**

Mailing address: Anova 101 Wellington Road • London • Ontario • N6C 4M7