



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 SEPTEMBER

Urgent Needs

- Paper Towels
- Laundry Soap & Hand Soap
- Bus Tickets (Adults)
- Coffee & Tea
- Toilet paper
- School Snacks
- Reuseable Water Bottles
- Toddler Pull-Up Diapers
- Diapers (Size 6)
- Journals/Pens/Markers

Shelter Needs

- Sandwich/Snack Bags
- Children Tear-Free Shampoo
- Women's New Underwear (size Small and Medium)
- Bell Mobility Prepaid Cards
- Paper Towels
- Teen Boy Pajama's (men's sizes)
- Girl Pajama's (size 8-10)

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**

Anova – formerly Women's Community House and the Sexual Assault Centre London
519-642-3000 | www.anovafuture.org | 101 Wellington Road

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 at walkamilelondon.ca print off a pledge form, or collect pledges online with our new an easy to use registration form, with our partner Race Roster!

NEW for 2017! We are thrilled to announced a new change for 2017, now **all genders can participate in the Walk A Mile In Her Shoes®**, as it takes a community to create a future without violence. We invite men to wear the heels (which we provide), and women to wear their own comfortable walking shoes.

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