



Reducing costs through donations from the public helps ensure our essential services continue to be free to those we serve. **Thank you!**

Shelter Residents Needs

- *Bus tickets
- *Batteries (AAA, C & D)
- Baby monitors
- Hair brushes
- Deodorant
- New women's slippers (all sizes)
- *Shampoo & conditioner
- *Lotion & body wash

Shelter Kitchen Needs

- *Baby fruits & juices
- *Herbal tea & hot chocolate
- *Coffee & coffee whitener
- *Cereals, crackers, granola bars
- *Yogurts and puddings
- Cake mixes & cake icing
- Pasta sauce & pasta noodles
- Vegetable/beef/chicken broths & stock

Back to School

- *Backpacks (for boys, girls & teens)
- Dividers & report covers
- Pens, highlighters & glue sticks
- Pencils, erasers & sharpeners
- *Lunch pails & pencil cases
- *Pencil crayons, markers & crayons
- Combination locks
- *School lunch snacks & drink boxes

- Canned vegetables, beans, fruits & soups
- Olive/canola oil, vinegar, sugar & salt
- *Ziploc bags & paper towels
- *Spoons, forks & can openers
- Dish soap, laundry soap & hand soap
- *New electric frying pans & flat grills
- *Aprons, tea towels & dish cloths

Gift Cards

*Grocery Stores, White Oaks Mall, Wal-Mart, Movie Theaters, Shoppers Drug Mart, Sub Way, Domino's Pizza, Tim Horton's, Dollarama, Hair Salons, Chapters, and Winners.

*** urgently needed items**

Donation Drop-off Location

Our shelters are open 24/7, and donations are best accepted between (Monday to Friday) at our Wellington Shelter, located at **101 Wellington Road**. Please bag or box your donated items.

Questions please contact **Pamela Coray** at **519-642-3003 x 2252** or **pamelac@anovafuture.org**.

THANKS FOR YOUR SUPPORT!

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

Anova – formerly Women's Community House and Sexual Assault Centre London
519-642-3003 | www.anovafuture.org | 255 Horton St, 3rd Floor, London, ON N6B 1L1

Upcoming Events

IN SUPPORT OF ANOVA

'RISE TO THE OCCASION'
and support the 11th Annual



Saturday, Sept. 29, 2018

sponsored by:



**TENDER
TOOTSIES**



All you have to do is *walk one lap* around Victoria Park in women's red pumps!

Walk alone or with a friend ...or enter a team!
We even provide the shoes!

Come *have FUN!* ...get *FREE stuff!* ...or *WIN prizes!*
And this year there'll be *barbecued hot dogs*
and a *live band* to entertain you while
you rest your 'dogs'!

Register at: www.walkamilelondon.ca

or contact Walk Coordinator, Pamela Coray at:
pamelac@anovafuture.org or ph: 519.642.3003 x 2252
or Jean Mellieur at: events@anovafuture.org



anova

formerly WOMEN'S COMMUNITY HOUSE /
SEXUAL ASSAULT CENTRE LONDON



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 255 Horton St, 3rd Floor, London, Ontario, N6B 1L1 519-642-3003