

MAY 2019 Needed Items List

ACCEPTING NEW
& GENTLY USED ITEMS

anova

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

Mother`s Day

- Women`s gifts
- Gift cards
- New pajamas (all sizes)

Shelter Residents Needs

- **Bus tickets (adult)
- Batteries (AAA, C, D, 9V0)
- **Paper towels
- Pads & tampons (all sizes)

Food & Shelter Kitchen Needs

- Baby fruits & juices
- Tea & hot chocolate
- **Coffee & coffee whitener
- Cereals, crackers, granola bars
- Yogurts and puddings
- **School snacks & drink boxes
- Vegetable/beef/chicken broths & stock

Ramadan

- \$25 Grocery Store Gift Cards
- Chocolates and treats
- Dates
- Gift cards

Infant & Toddler Needs

- Bottles and bottle brushes
- Diaper cream
- Tearless shampoo & conditioner

- Canned vegetables, beans, fruits & soups
- Bowls & cups
- Ziploc sandwich & snack bags
- Spoons, forks & can openers
- Dish soap, laundry soap & hand soap
- New electric frying pans & skillets
- Aprons, tea towels & dish cloths

Gift Cards

**Grocery Stores, White Oaks Mall, Wal-Mart, Movie Theaters, Shoppers Drug Mart, Domino`s Pizza, Sub Way, Tim Horton`s, Dollarama, Hair Salons, Chapters, Canadian Tire 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!

**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

Grand House Party – Friday, June 21st

Prepare yourself for a power packed 20-song two-hour retrospective spanning three decades of Billboard's top picks from across the pond that have stood the test of time, because . . . **The British are coming! Grand House Party 17 BRITISH INVASION** features the music of the Beatles, Rolling Stones, Moody Blues, Tears for Fears, Bee Gees, Gerry & the Pacemakers, Cat Stevens and many more from the 60's to the 80's. Joining **Jean Meilleur** on stage is multi-Grammy award winner special guest artist **David Blamires**, plus House Party fan favorites **Katlin Kiss** and **Rique Franks**.

Buy tickets: Online directly at www.grandtheatre.com/event/grand-house-party-17

May is Sexual Assault Awareness Month

1 in 3 women will experience some form of sexual assault during her lifetime. Survivors of sexual violence need access to services that are appropriate, sensitive and essential to a survivor's recovery and healing.

Last year, **Anova provided counselling to 643 survivors** of recent sexual assault, past sexual assault and childhood sexual abuse. Each client receives 12 counselling sessions at no cost. In recognition of Sexual Assault Awareness Month and our 643 survivors, during the month of May, **help us raise \$7716 with a modest donation of \$12.** We invite you to also consider becoming a **monthly donor by pledging \$12 per month in support of Sexual Assault Survivors.**

As a monthly donor you have the capacity to give more and spread your annual gift amount over 12 months. Monthly donations help ensure our programs and services continue to be available at no cost to the hundreds of survivors we support all throughout the year.

Sexual assault is one of the most basic, and yet, devastatingly impacting violations one human being can inflict on another. **Thanks for caring and sharing!**

Donate today: www.canadahelps.org/en/charities/anovafuture/sexual-assault-awareness-month



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