



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 serves nearly 200 women and children each weekday and offers four different programs: Nutritious Meal Program, Children's Corner Program, Safety Net Services Program, and the Women's Wellness Program.

HOLIDAY WISH LIST

Nutritious Meal Program:

- Instant oatmeal
- Cold cereal (unsweetened)
- Coffee
- Tea Bags
- Peanut butter
- Jam/Jelly
- Canned fruit
- Canned beans/vegetables
- Salad dressing
- Paper towels
- Metal spoons/forks
- Toilet Paper
- Sandwich sized Ziploc bags
- Brown paper lunch bags
- Heavy duty (30 gallon) black garbage bags

Children's Corner:

- Baby wipes
- Baby wash
- Baby lotion
- New Baby bottles/sippy cups
- All size new onesies
- Baby bibs
- Disposable diapers (especially size 4, 5 and pull-ups)

Safety Net Services Program:

- Sanitary pads
- Travel-size toiletries:
 - soap/body wash
 - hand sanitizer
 - lotion
 - shampoo/conditioner
 - toothpaste
- Deodorant
- Small tissue packets
- Toothbrushes
- Regular size toothpaste
- Adult Pull-up Diapers

Financial Donations:

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

Give by :

- **Check**
Mail to:
P.O. Box 5728
Sacramento, CA
95817
- **Online** via PayPal at www.wellspringwomen.org
- **Phone** (916) 454-9688 x200

Women's Wellness Program:

- New adult socks/underwear
- New umbrellas
- Grocery gift cards (\$10-\$20)
- Gas cards
- Yarn/Crochet hooks
- Craft Supplies
- Garment Fabric & Thread
- Watercolor Paper
- Gift cards: Blick Art Supplies, JoAnn, Michael's, UBeadit

Donation Delivery:

Donations may be delivered through Friday, December 21st to Wellspring:

3414 4th Avenue, Sacramento
Monday-Friday, 8:00am – 3:30pm

Wellspring will be closed December 24 - January 2.

For more information:
Genelle Smith
genelle@wellspringwomen.org

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