



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.**

DONATIONS CAN BE DROPPED OFF AT SAR (2003 Howe Avenue) from 9/1 - 10/31

WISH LIST

Nutritious Meal Program:

- Instant oatmeal
- Cold cereal (unsweetened)
- Coffee
- Peanut butter
- Jam/Jelly
- Canned fruit
- Canned beans/vegetables
- Salad dressing
- Luncheon napkins
- Paper towels
- Metal spoons/forks
- Toilet Paper
- Kleenex
- Sandwich sized Ziploc bags
- Brown paper lunch bags

Children's Corner:

- Disposable diapers (especially sizes 4,5,6 & pull-ups)
- Baby wipes
- Baby wash, lotion, shampoo
- New Baby bottles
- New Baby blankets
- Baby formula: Similac or Infamil brand

Safety Net Services Program:

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

Financial Donations:

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

Give by :

- **Check**
Mail to:
P.O. Box 5728
Sacramento, CA 95817
- **Online** at
www.wellspringwomen.org
- **Phone** (916) 454-9688 x205

Women's Wellness Program:

- New adult socks/underwear
- New umbrellas
- Grocery gift cards (\$10-\$20)
- Bus passes
- Gas cards
- Yarn/Crochet hooks
- Skeins of yarn
- Craft supplies
- Garment fabric & thread
- Watercolor & drawing paper
- Gift cards: Blick Art Supplies, JoAnn, Michael's, Amazon

Donation Delivery:

Donations may be delivered to Wellspring:

3414 4th Avenue
Sacramento, CA 95817

Monday-Friday, 7:30am – 3:30pm

For more information:

Lindsay Oxford
Community Giving Coordinator
(916) 454-9688 x205
lindsay@wellspringwomen.org

SAR will be accepting donations from 9/1 - 10/31 and will present the donations to the Wellspring Women's Center at an early November volunteer opportunity. For more information or questions, contact tony@sacrealtor.org | 916-437-1205

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