

Ways you can help stop violence against women

There are as many ways to help as there are people and organizations in our community.

Perhaps you can see yourself involved with Interim Place... Please check items that interest you and we will contact you with more information.

Name: _____ Phone: _____

Email: _____

Here's what others are doing:

Spread the word

- help a friend** in need find Interim Place
- tell friends or colleagues** about the important work of Interim Place
- invite a speaker** from Interim Place to your club, faith community, or workplace
- join our mailing list** for the newsletter and invitations to future events

Volunteer with Interim Place

- apply for a volunteer position:** mail@interimplace.com or 905.403.9691 ext 2221

Organize community activities – with your club, faith community, school or workplace

- fundraising events for Interim Place** – we provide information brochures and a speaker
- donation drives** for new clothing, food, household and other items for women and children — see our “Wish List” on other side
- join our Circle of Care** program and provide gift cards to help women support their families
- hold a group volunteer activity** to help Interim Place

Support our work through your financial gifts

- one-time or monthly donations** to support women and children in our shelters or community programs
- suggest others donate to Interim Place** for your birthday, event, or special occasion gifts
- make a tax-free gift** of appreciated securities
- call about planned gift opportunities**, such as bequests and transferring life insurance
- help keep our doors open forever** with a gift to our new Endowment Challenge
- remember someone special** with a donation in their honour - we will acknowledge this meaningful gift

Business Opportunities

- sponsor an Interim Place event**
- cause-related marketing in partnership with Interim Place**
- donate to Interim Place in place of costly client cards or gifts**

INTERIM PLACE WANTS TO HEAR FROM YOU

Contact us with your ideas, questions and suggestions

Interim Place Administration Office

Telephone: (905) 403-9691

Fax: (905) 403-9808

P.O. Box 45070, Mississauga, ON L5G 1C9

Email: mail@interimplace.com

*“Thank you from the bottom of my heart.
I now have the strength I needed a long time ago to be free.”*

Rashida, Former Interim Place Client

Interim Place Wish List

Can you donate any of these items?
Friends help us direct funds toward our greatest needs
by donating these items.



New Clothing (women, children, and teens)

- Undergarments, socks & pajamas
- Shoes & slippers
- Seasonal (winter - coats, hats & gloves)

Food Items (New and unopened)

- Baby food & formula
- Canned or powdered milk & condensed milk
- Canned & staple foods, including dried spices

Personal Care Items (new items only in full or regular sizes, no sample sizes please)

- Feminine care products
- Deodorant
- Diapers, diaper wipes, and diaper rash ointment & baby lotion
- Tooth brushes & toothpaste
- Over the counter medications:
- Pain relief, cough & cold
- Curling irons & hair straighteners
- Hair care products
- Black hair products
- Skin care products (i.e.: bar & hand washing soaps)
- Multi – vitamins and prenatal vitamins
- Toilet paper & paper towels

Household Items

(New or in excellent condition items only)

- Linens: pillows, comforters, sheets (**sizes:** twin, double & queen), pillow cases & towels
- Baby care items (i.e.: baby monitor)
- Cutlery, serving, & cooking utensils
- Drinking glasses, pots & pans, cereal bowls

Gift Certificates and Vouchers (please indicate amounts/values)

- Major shopping malls
- Gas vouchers
- Supermarkets
- Phone cards
- Restaurants, coffee shops, & fast food
- _ Movie rentals
- Book stores
- Office supply stores
- Movie theatres
- Music stores & online music download
- Tickets to: Amusement parks, museums, & water parks.

Office and School Supplies

- Pens, pencils, markers & highlighters
- Backpacks & school bags
- Office paper (letter & legal sizes), notebooks & binders

Toys (new & unwrapped items only)

- For children and youth (ages 0 to 12 educational toys only)
- For teens (13 to 17) i.e.: gift certificates to shopping malls, music stores, movie theatres, & book stores. (*See above list for details.*)
- Video game consoles & game cartridges
- MP3 Players

Thank You!

For more information please call (905) 403-9691 ext. 2223 or
development@interimplace.com