



# Lend a Helping Hand

## DONATING ITEMS/SUPPLIES

Our programs and services focus on helping the people we serve to move forward on their paths to recovery, healing and independence. The following items make a world of difference to someone who may be going without them. *All items need to be new.*

### Youth Services & Outreach (Ages 13-24)

- Arts & Crafts Supplies
- Diapers (newborns & infants)
- Group Tickets to Sporting Events
- Hoodies (size Med, Lg, XL)
- Personal Hygiene Items
- School Supplies
- Socks
- Underwear

### Transitional Living Apartment (Ages 16-21)

- Blankets
- CDTA Bus Swipers
- Fans
- Garbage Cans with Covers
- Lamps
- Laundry Baskets & Detergent
- Pillows
- Pots & Pans

### Adult Residences (Serving adults living with mental illness)

- Dish Sets & Towels
- Personal Hygiene Items
- Pillows
- Pots & Pans
- Sweatshirts & Sweatpants (all sizes)
- Towels & Washcloths
- Twin Comforters
- Twin Sheet Sets

### Domestic Violence Services & Shelter

- Blankets & Pillows
- Diapers (newborns & infants)
- Dish Sets & Utensils
- Laundry & Cleaning Supplies
- Napkins & Tissues
- Personal Hygiene Items
- Toilet Paper
- Towels & Washcloths
- Twin Sheets Sets & Comforters

## Looking For Unique Ways To Get Involved?

### Create Goodnight Bags

*for Children at Equinox's Domestic Violence Shelter*

The Equinox Domestic Violence Shelter is Albany County's only shelter for survivors of domestic violence. Imagine having to leave your home to get away from someone who is abusive and violent. The Shelter is a safe haven for men, women and their children. These special "goodnight bags" make a child's stay as "homey" as possible.

### Create Welcome Bags

*for teens at Equinox's Youth Outreach Center*

The Equinox Youth Outreach Center (YOC), an after school drop-in center located in Albany's highest needs neighborhood, offers a safe and engaging environment for youth ages 13-21. Conducting a drive to collect donated hygiene items and making up the gift bags provides comfort to our youth.

### Create Apartment Warming Baskets

*for Youth in TLP*

The Transitional Living Program provides supervised apartment living for homeless youth, ages 16-21, to help make a successful transition to life on their own. Help us welcome our residents to their new apartments by conducting a drive to collect twin sheet sets, blankets, pillows, laundry detergent, and more.

**For more information  
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