

# Lend a Helping Hand

## DONATING ITEMS/SUPPLIES TO EQUINOX

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

The following items are needed for our Domestic Violence Services (*children & adults*), Youth Services (*ages 13-24*), Transitional Living Program (*ages 16-21*) and Adult Residences (*servicing adults living with mental illness*):

### *New Items Only Please*

- Bedding (*blankets, comforters, twin sheet sets, pillows and pillow cases*)
- Bras (all sizes)
- CDTA Bus Swipers
- Cleaning Supplies & Garbage Bags
- Craft Supplies
- Diapers & Wipes (*newborn-pull up sizes*)
- Dish Sets and Utensils
- Fans (*standing or tabletop*)
- Formula, Baby Bottles, Sippy Cups
- Gift Cards (*Price Chopper, Stewart's, Dunkin' Donuts, Walmart etc.*)
- Group Tickets to Sporting Events
- Hoodies (*all sizes*)
- Lamps
- Laundry Baskets & Detergent
- Medicines & Vitamins (*adult/child/infant Tylenol, multi/prenatal vitamins, etc.*)
- Personal Hygiene Items
- Pots & Pans
- School Supplies (*grades k-12*)
- Socks, Underwear & Undershirts (*male & female, Kid-Adult Sizes*)
- Sweatshirts & Sweatpants (*male & female, Kid-Adult Sizes*)
- Toilet Paper, Tissues & Paper Towels
- Towels & Washcloths

## COORDINATING A COMMUNITY DRIVE

Community drives collecting needed items can be organized by businesses, associations, churches, schools and other groups. All donated items will help individuals and families in our local community.

To find out what things are **most needed at this time**, please contact Development and Community Relations at 518.434.6135 x5373.

For more information  
contact our Development and  
Community Relations Office at:

518.434.6135

[development@equinoxinc.org](mailto:development@equinoxinc.org)

Development Office:

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