

Fresh Start Program

Our Fresh Start Program helps women and children moving into their new home by reducing their initial costs. You can help ease the stress of this life-changing event through our program. Ideally, we would like to have a Hamper available for each family taking the brave step towards freedom from domestic violence.

The *items listed below are just a guide. Feel free to include any items that you feel would be useful in the set up of a new home.

Paper towels

SOS pads

Dish soap

Tea towels

Dishcloths

Dish sets

Colander

Cheese grater

Pots and pans

Saran Wrap and Foil

Eating utensils

Cooking utensils

Can opener

Salt, pepper, spices

Tea and coffee

Toaster

Coffee maker

Coat hangers

Clocks, alarm clocks

Neutral curtains

Blankets

Quilts, duvets and covers

Sheets and pillowcases

Pillows

Wash cloths

Shower curtain

Bath mat

Bath & hand towels

Toilet paper

Broom/dustpan

Mop and bucket

Cleaning supplies

Garbage can/garbage bags

Light bulbs

Laundry soap/dryer sheets

Gift cards (Walmart, Superstore, HBC, any grocery store)



****All items must be new***

To donate, call 403-346-5643, email: generalinfo@cwes.com

cawes
Central Alberta Women's Emergency Shelter