

# Safe Haven *Wish List*

Services at the Heartland Family Service Safe Haven Transitional Shelter are provided to victims of domestic violence as a means of protecting victims from the threat of further abuse. Residents may stay up to two years while they stabilize their living situation. Safe Haven residents are assisted by program staff to develop short- and long-term planning goals such as securing employment or other financial assistance and seeking permanent housing.

- CD players/radios
- CDs/DVDs
- Board games
- Juice boxes
- Sugar
- Coffee & creamer
- Macaroni & cheese
- Cake mixes
- Brownie mixes
- Frosting
- Bags of black beans
- Cooking oil
- Potato chips
- Salsa
- Tea
- Kool-aid
- Cereal
- Canned goods
- Pasta
- Minute rice
- Potatoes
- School snacks
- Ramen noodles
- Women's shoes
- Women's clothing
- Children's clothing
- Women's jewelry
- Shampoo/conditioner
- Hair spray

- Toothpaste/toothbrushes
- Hair color
- Tampons
- Sanitary napkins
- Nail polish/remover
- Nail clippers
- Women's watches
- Lotion
- Eye color
- Lipstick
- Mascara
- Umbrellas
- Alarm clocks
- Journals
- Phone cards
- Fans
- Towel sets
- Perfumed lotions
- Small soft blankets
- Aluminum foil/plastic wrap
- Baggies (any size)
- Garbage bags (13 gal. or larger)
- Lysol spray
- Lysol kitchen/bathroom cleaner
- Bleach
- Laundry detergent
- Dishwasher detergent
- Pine sol
- Medium/large pull ups



- Size 3, 4, 5 diapers
- Baby wipes
- Baby formula
- New twin size sheets
- We are always in need of bus tickets for the metro buses
- We are always in need of money for non-prescription/prescription meds (we have a charge account at Shopko in Bellevue linked to a grant that will be depleted in the next few months)
- Gift cards to local restaurants or grocery stores
- Tickets to community events (sporting events, theatres, etc.)
- Gas cards for local gas stations
- Over the counter meds

**Call (402) 552-7418 for more information.**

## About Heartland Family Service

Heartland Family Service provides critical services to the most vulnerable children and families in our community. Eighty percent of the clients served have annual incomes of \$20,000 or less, and many programs are offered to the public on a sliding fee scale. Every year, staff helps more than 35,000 clients address serious, urgent issues involving child abuse, juvenile crime, family violence, mental illness, substance abuse and poverty. In addition, several programs enrich the lives of metro residents through parent education, support for child care providers, a girls' center and a senior center. Call (402) 553-3000 or go to: [www.HeartlandFamilyService.org](http://www.HeartlandFamilyService.org)