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|  **Items Needed 365 Days****SIGNAL SERVICING** |
| * Bottled Water
* Milk
* Juice (boxes)
* Hot Chocolate
* Tea
 | * Mac & Cheese snack cup
* Stew (Canned)
* Snack packs, Fruit & Pudding cups
* Trail mix
 |
| * Ground Coffee
* Coffee Mate
* Sugar
* Sweetener
 | * Soups assorted
* Cup of soups, noodles in a cup
* Bread
* Crackers assorted
 |
| * Butter
* Jam – Assorted
* Peanut Butter
* Frozen Breakfast Foods
* Cereal
* Instant Oatmeal
 | * Toothpaste
* Toothbrush
* Razors – men’s 4 blade
* Deodorant
* Disposable Wipes
* Nail clippers
 |
| * Fresh Fruit
* Chewing Gum
* Cough Drops
 | * Disposable cups w/ lids
* Disposable small plates
* Disposable bowls
 |
| **WINTER NEEDS FOR MEN & WOMEN** |
| * Socks
* Underwear
* Long johns
* Thermal wear
* Belts
 | * Winter jackets
* Winter boots
* Toques
* Gloves/mitts
* Scarfs
* Neck warmers
 |
| * Ice Cleats Walking Traction
 | * Hot pockets hands & feet
* Kleenex
 |

Centre of Hope is open 365 days a year to assist individuals who are experiencing or are at risk of homelessness. These individuals have a lot of strength to survive life in our harsh winter climate. The Centre of Hope supports without discrimination and respects the value of every individual who enters our centre.

Since 2005, the Centre of Hope’s needs have not changed, just the number of items have, as there are more individuals experiencing homeless due to a lack of stable, safe, and adequate housing. Centre of Hope is building support and momentum to assist our most vulnerable populations through your generosity of giving, time, clothing, and/or monetary donations.

Centre of Hope’s Drop-In and Outreach Service Van are the two programs that require your support as our drop-in centre on 10095 Marshalls Street see over 75 visitors a day seeking various resources. The Drop-in provides many services for our patrons to utilize daily and as needed. Both the drop in and Outreach Service Van helps our most vulnerable with hot drinks, light snacks, seasonal items, hygiene products, and bottled water. Outreach service van is designed to meet the needs of individuals experiencing homelessness who do not use community services including the Centre of Hope Drop in or shelters. Staff strive to bring basic needs and connection to where the individual frequents with the mobile Centre of Hope Outreach Service Van.

Both these programs are supported by your donations and this year the importance of our Sub-Zero challenge is more vital than ever. Help us Heat the Streets for our patron and individuals who might not visit our facility is to ensure they have essential to survive in our winter climate. Centre of Hope is striving to provide outstanding services with the resources that we have and with your help this program will provide all our most vulnerable expectational resources and services to ensure they stay dry and warm this winter season.

Please support Centre of Hope by donating greatly needed items and/or monetary donations via [www.fmcentreofhope.com/donate](http://www.fmcentreofhope.com/donate)

Together we can achieve our goal to keep all our friends experiencing homelessness safe this winter season.

**Donate to:**

**Centre of Hope**

[www.fmcentreofhope.com/donate/](http://www.fmcentreofhope.com/donate/)