



A home where women can grow

Fresh Start is a transitional shelter that empowers homeless women to change their lives by recognizing and utilizing their strengths to overcome barriers to self-sufficiency. Women may live at Fresh Start for up to one year, during which time case managers assist them with their goals. Community support services are available for an additional two years after leaving the shelter. Fresh Start was founded in 1991 and has assisted over 1,400 in our 24- year history.

There are many ways to aid Fresh Start's efforts to help women move out of homelessness, from volunteering to requesting a speaker to attending a fundraiser to financial contributions. Donations of items on the wish list also help Fresh Start provide for the 24 women who live in our "home."

Donations are accepted on Mondays & Thursdays 10AM –1PM OR by appointment.

NEEDS LIST

Shelter Kitchen and Household

- Paper Goods (toilet paper, paper towels)
- Cleaning Supplies (dish soap, non-bleach household cleaners, and trash bags)
- Food (canned goods, fresh produce, milk, coffee)
-
- Laundry Supplies (Laundry soap, clothes baskets, plastic hangers)
- Linens (towels, XL twin sheets)
- Over the counter medications (acetaminophen, aspirin, cold and flu remedies)

Resident Needs

- Personal Care supplies (toothpaste, body wash, shampoo, deodorant, feminine products)
- Stamps
- Gift Certificates (Grocery stores, WalMart, Target)
- Gas Cards and StarTran Bus Passes

Office Supplies

- Arts and Crafts supplies
- Journals or composition books
- Folders and daily planners
- Pens and Paper

Other

- Financial Contributions
- Snow Removal
- Recycling Services/ Pick Up
- "Handyman" Services (basic home repairs as needed)

VOLUNTEER OPPORTUNITIES

At the Shelter

- Sunday night suppers: Groups may provide supper for the shelter residents on Sunday nights.
- Workshops: Lead a workshop for shelter residents on a topic you select with Fresh Start staff. Examples include interview skills, hobbies, craft projects, yoga and more.
- One day service projects: Groups or individuals may help with cleaning, painting, yardwork, or other projects at the shelter.

At The Daisy

- Shop clerks on Fridays and Saturdays when the shop is open 10am-4pm and the 3rd Thursday of every month from 4-7pm
- Sorters are also sometimes needed, schedule can be arranged individually

In the Community

- Request a Fresh Start speaker for your group or workplace
- Arrange a donation drive at your church or workplace
- Join a committee, like the event planning committee, or the Board of Directors

For more information about Fresh Start or assistance with organizing a donation drive, please contact our office at (402)475-7777 or email monicaz@freshstarhome.org.

Additional information about Fresh Start may be found on our website www.FreshStartHome.org or on our Facebook page [Fresh Start Facebook](#) .