



Fresh Start is a transitional shelter that empowers women experiencing homelessness to change their lives by recognizing and using 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 1,600 in our 28- year history.

There are many ways for you to aid Fresh Start's efforts to help women get back on their feet, 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**

### **In House**

- Cleaning supplies (non-bleach cleaners, disinfectant, glass cleaner, mops and replacement heads, brooms, trash bags)
- Laundry supplies (detergent, dryer sheets, stain remover, laundry baskets)
- Paper products (paper towels, toilet paper, facial tissue)
- Kitchen Items (tin foil, baggies, plastic wrap, reusable storage containers)
- Food Items (coffee and creamer, canned goods) (call ahead regarding perishable items)
- Over the counter medications (acetaminophen, aspirin, cold and flu remedies)
- Hair care products (i.e. Mane & Tail, Blue Magic, Pink lotion)
- Personal hygiene items (body wash, deodorant, feminine hygiene items, manicure kits)
- Linens (towels, XL sheet sets)
- Clothing Items (new socks and underwear of all sizes, robes, house slippers)
- Linens (towels, twin XL sheets)
- Gift cards (gas cards, bus cards, grocery stores, local vendors)
- Other: shower totes, journals, art supplies, DVDs, first aid supplies (band aids, first aid ointment, etc.)

### **Office Supplies**

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

### **Services/In Kind Donations:**

- Snow removal
- Building maintenance/Repair services
- Printing Services
- Recycling bins and service

### **Women Moving out of Fresh Start:**

- Cleaning supplies for her own residence (mop, broom, dust pan, counter cleaner, glass cleaner, paper towels)
- First aid kits/supplies
- Car items (jumper cables, ice scrapers)
- Laundry supplies (detergent, dryer sheets, stain remover, laundry baskets)
- Paper products (paper towels, toilet paper, facial tissue)
- Kitchen Items (tin foil, baggies, plastic wrap, reusable storage containers)
- Food Items (coffee and creamer, canned goods) (call ahead regarding perishable items)
- Gift cards (gas cards, grocery stores, local vendors)

## **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 needed. Shop hours are Thursdays from 4-7pm, Friday and Saturday from 10am-4pm. Fridays and Saturdays are divided in to 2 shifts per day.
- 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](mailto:monicaz@freshstarhome.org).

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