



Lifetime  
of Love  
doula services

# Donate with the Doulas

Help us make the Season brighter for Caledon & Dufferin families in need.

## WHAT ITEMS ARE NEEDED:

- diapers (toddler sizes 4, 5 & 6) & wipes
- pads & tampons
- shampoo & conditioner
- gift cards for groceries
- school supplies for children
- women's razors
- women & children's pyjamas
- body lotion
- socks for women & children
- hand soap
- slippers for women & children

## WHERE & WHEN TO DONATE:

December 3rd between 8:30am - 12pm  
Drop off at Kala Yoga (229 Broadway)

December 3rd between 5:00pm - 8pm  
Drop off at Kala Yoga (229 Broadway)

December 8th between 2pm - 5:30pm  
Drop off at West End Family Chiro (475 Broadway Unit 4)



family  
transition  
place

A part of our community since 1984, Family Transition Place provides critical services for women and children who have experienced abuse & unhealthy relationships. Their goal is to provide safety, support & hope.