

Support Patients and Families at The Center for Family Safety and Healing

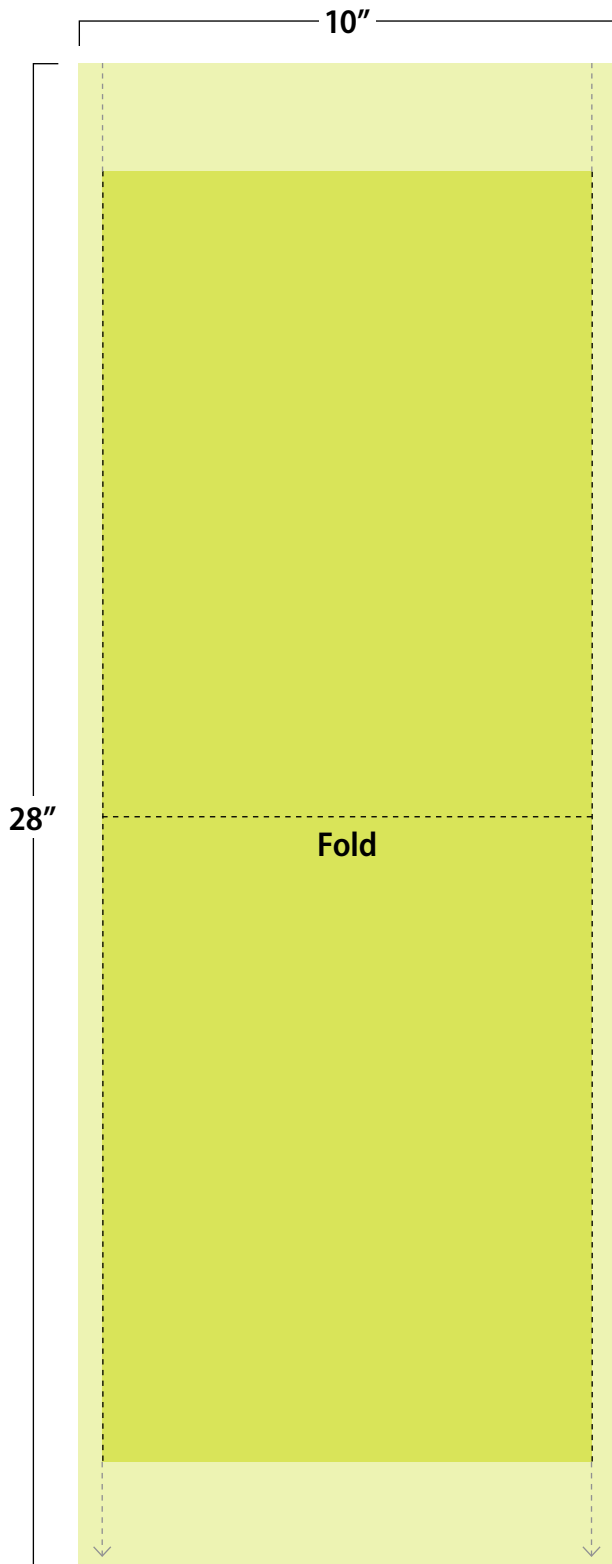
- **Purchase items from the Wish List** – an up-to-date list of needed items can be found at familysafetyandhealing.org/support-us/donate/.
- **Make blankets** – Blankets should be made from cozy, washable fleece fabric or yarn. It is easiest to use those that are no smaller than 32" x 45".
- **Hygiene Kit Bags** – the pattern for Hygiene Kit bags is on the next page. Hygiene Kits are given to patients (children and teens). Bags can be left unfilled or you can fill them with items listed on the wish list such as shampoo, conditioner, deodorant and body wash. Please remember to include products for all hair and skin types.
- **Necessity Bag or Self Care Bag** – Adult victims of domestic violence may have to leave their homes to ensure their safety. In a drawstring bag, backpack or purse, place items such as a planner, pens, journal and/or personal care necessities.
- **Book drive** – collect new and gently used books for use by patients in the playroom.
- **Coloring book and crayon drive** – coloring books and crayons are creative ways to ease a child's stress when waiting for an appointment.

If you have questions, please email TCFSHVolunteer@familysafetyandhealing.org or call (614) 722-8434.



Hygiene Kit Bag Pattern

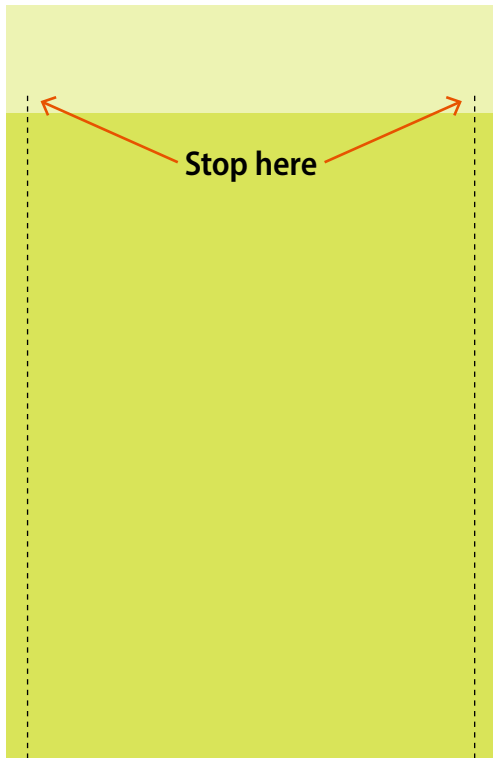
Images shown are not actual size.



1. Cut rectangle 28" x 10".
2. Fold and sew 1/4" seam on each side to eliminate raw edges.
3. Fold and sew a 1-1/2" seam at both short ends. This will create the pocket for the ribbon.
4. Fold material in half length-wise, bottom to top. Right sides together.

Choose material that is child/teen friendly. Bags will hold soap, lotion, toothbrush, toothpaste, etc. Thank you!

(Continued)



5. Stitch up the sides from the bottom, stopping at the top seam (arrow). Leave pocket open for the ribbon.
6. Trim seams.
7. Turn right side out.
8. Run ribbon through newly created openings using a safety pin. Tighten slightly and knot to keep in place.

