



Wellspring Women's Center nurtures the innate goodness and personal self-esteem of women and their children. Since 1987, our drop-in Center has provided respite and services based on "hospitality with dignity and love. Wellspring serves nearly 200 women and children each weekday and offers four different programs: Nutritious Meal Program, Children's Corner Program, Safety Net Services Program, and the Women's Wellness Program.

WISH LIST

Nutritious Meal Program:

- Sugar packets
- Coffee
- Tea bags
- Paper towels
- Toilet paper
- To-go containers, cups, plastic ware (compostable preferred)

Safety Net Services:

- Sanitary pads
- Travel-size toiletries
- Deodorant
- Small tissue packets
- Toothbrushes
- Toothpaste
- Adult diapers

Women's Wellness:

- New Underwear
- New Umbrellas
- Gift Cards: Gas, Grocery, JoAnn, Michael's
- Yarn
- Fabric

Children's Corner:

- Baby wash
- Baby lotion
- Baby formula
- All size onesies
- Baby bibs
- Disposable diapers (especially size 4, 5, and pull-ups)

Financial Donations:

Every gift, no matter the size, makes a difference!

Give by:

- Check

Mail to:

P.O. Box 5728

Sacramento, CA 95817

- Online via PayPal at www.wellspringwomen.org
- Phone (916) 454-9688

Your generous donations of these needed items ensure that our programs will continue throughout the year.