

## Wish List for People in Need

Catholic Charities serves nearly 50,000 people every year with a diverse range of programs, offering basic necessities and help in moving toward greater stability. Our programs and the people we serve rely on the community for gifts of time and treasure. Several items are always needed to continue our services to men, women and children. In whatever way you choose to give, thank you for your positive impact on the lives of those most in need.

The impact your financial gift can have:

- \$60 pays for interpreter services for one prenatal check-up
- \$100 pays for an empowerment group that meets weekly to build residents' personal skills
- \$120 pays for one client to attend Bridges Out of Poverty classes for 12 weeks
- \$130 pays for an ultrasound for an uninsured woman
- \$145 pays for a child's comprehensive medical check-up
- \$200 pays for a group program of anger regulation for adults
- \$500 pays for 10 sessions with a spiritual care advocate to help a youth cope with grief and loss
- \$600 helps pay the first month's rent for a household transitioning from homelessness
- \$1,000 pays for one year of metro mobility for one elderly person
- \$1,020 pays for a public health nurse to provide one year of care to children in North Minneapolis
- \$1,200 pays for the cost of diapers for a baby for one year
- \$1,200 pays for prenatal care for one uninsured pregnant woman

### Items needed:

#### *Personal Items:*

Shampoo/conditioner  
Bar soap  
Toothbrushes/toothpaste  
Feminine products  
Men's shaving products

#### *Household Items:*

Blankets/sheets  
Pillows  
Bath towels  
Cleaning supplies  
Air mattresses

#### *Items for Children:*

Diapers  
School supplies  
Event tickets

#### *Food Shelf Items:*

Condiments  
Can openers  
Canned meals  
Canned vegetables  
Canned soups  
Peanut butter  
Rice and pasta  
Fruit juices  
Culturally specific food items:  
dried beans, tortillas, etc.  
Baking products: sugar, flour

#### *New Clothing:*

Socks (adults and children)  
Cold weather clothing  
Shorts  
T-shirts

*Serving those most in need*

→ **612-664-8600 • [www.cctwincities.org](http://www.cctwincities.org)**