



The Central Alberta Women's Outreach Society deals with a great many women and families in poverty. We try to assist as much as possible, but our assistance is limited to what we receive in donations.

We also cannot receive donations of clothing, furniture or household goods, as we have very limited space.

What we love to receive are:

- shampoos
- deodorants
- lotions
- soaps
- toothpaste
- toothbrushes
- combs
- hairbrushes
- feminine hygiene products
- diapers
- formula
- hats, mitts, socks and scarves for winter
- books of city bus tickets
- grocery store gift certificates