



*Saint John, NB*

The Shoebox Project for Women is a national registered charity that is dedicated to sharing empathy, kindness and compassion with local women impacted by homelessness through the collection and distribution of gift-filled Shoeboxes.

Each thoughtfully-curated and festively-decorated Shoebox is filled with a variety of items that intend to make a person feel special and seen.

A Shoebox gift not only contains essentials and gifts that are much appreciated by the women we serve, but it also serves as a powerful reminder for a woman that she is not alone.

### Drop-Off Location:

**Steeves' Pharmasave  
(Parkway Mall)**

*until December 19, 2021*

# How to Make a Shoebox

This holiday season, fill a standard-sized, decorated Shoebox with gifts and essentials that any woman might enjoy. The top and bottom of your Shoebox must be wrapped separately so that it can be opened for inspection (or use a decorative box!) Gifts may include necessities and little luxuries that many women do not have access to or the means to purchase during a difficult time. The main objective of a Shoebox is to help its recipient feel special, worthy, and cared for.

## Perfect Items to Include

- A gift card (affordable & accessible locations)
- Warm accessories like mitts, scarf, hat, socks
- Body lotion, hand lotion, body wash, facial cleanser, face mask
- Toothbrush & toothpaste, lip balm, mints, gum
- Shampoo, conditioner, hair brush
- Cosmetics like nail polish, mascara, eye liner, eye shadow, lipgloss
- Something sweet, nut-free chocolate, candy
- Purse-sized Kleenex, small cosmetic bag, journal, pens
- A thoughtful and supportive message

## What to Leave Out

- Used goods, unpackaged items, or hotel/free samples
- Sized clothing (i.e. S, M, L, XL)
- Products containing alcohol (i.e. mouthwash, hand sanitizer)
- Candles
- Foundations, concealers or any product for a specific skin tone or hair
- Tampons & sanitary napkins
- Razors

## Virtual Giving.

For those who prefer to give a financial gift instead, you can donate directly to our Local Saint John Chapter at [www.Shoeboxproject.ca](http://www.Shoeboxproject.ca)

## Supporting.

This year our boxes will be shared with **First Steps Housing**, a local organization that provides a healthy, safe, and supportive environment for pregnant and parenting young women and their children who are without a safe place to live.

