

WISH LIST

Psycho-social and health education materials and presentation

- a. Prenatal care
- b. Women's health (nutrition, self care, self breast exams, self esteem etc)
- c. Depression and post partum
- d. Domestic violence
- e. Parenting skills
- f. Substance abuse
- g. Loss, Grief and bereavement
- h. Sex education
- i. Safety (personal, fire, children)
- j. Hygiene
- k. Dental Health
- l. Physical health
- m. Survival skills
- n. Immunizations
- o. Transportation (metro)
- p. Employment
- q. What is CPS and APS?
- r. Personal Finance and Budgeting
- s. Governmental assistance programs (Food Stamps, SSI, Medicaid, WIC, gold card etc.)

Room & Board:

- Rental assistance
- Grocery gift cards (Fiesta, Kroger, Hong Market, Target - \$ 25 increments)

Furniture:

- Couches and loveseats
- Small dinette sets and chairs
- Mattresses (full and twin only)
- Basic bed frames

Miscellaneous:

- Bus tokens
- Televisions
- Microwaves
- Computers (less than 4 years old)

House wares:

- Bed Sheets (full or twin only)
- Blankets (full or twin only)
- Pillows
- Shower curtains
- Lamps (table or floor)
- Small, free-standing shelves
- Bath towels and washcloths
- Alarm Clocks

Kitchenware:

- Cookware (pots and pans)
- Dinnerware (plates)
- Bake ware and mixing bowls
- Cutlery (knives, forks, spoons)
- Cutting knives
- Stirring spoons (wooden or plastic)
- Serving utensils
- Drinking glasses
- Can Openers
- Rice cooker and plenty of rice!!! ☺
- Brooms and dustpans

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Clothing for Adults and Children

- Shirts Small sizes
- Pants
- Undergarments
- Seasonal clothing
- Light weight jackets
- Sweats
- Shoes

Others:

- **Dictionary**- Burmese to English
- ESL books – Pictorial

Children needs

- Diapers
- Formula
- Vitamins
- Age appropriate Clothes
- Baby powder
- Baby shampoo and soap (J & J no tears is the best)
- Toothbrushes, toothpaste
- Thermometer
- Pedialite
- Baby food
- Age appropriate toys
- Crayons
- Coloring books
- Learning DVD/CD (library to check out these items so many families could benefit from them)
- Books
- Learning toys, hooked on Phonics type items to help children and adult learn English