

Wish List for People in Need

Catholic Charities serves about 40,000 people every year with a range of programs, offering basic necessities and help in moving toward greater stability. 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 exam
- \$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

→ **612-664-8500 • www.cctwincities.org**