



Heartland Housing Sanctuary

Heartland Housing Sanctuary is a program of **Heartland Family Service** that provides services to survivors of sexual exploitation and trafficking. The program includes **Sanctuary House**, a crisis stabilization shelter for up to 14 individuals or adults with children. The location of **Sanctuary House** is confidential to protect the safety of both residents and employees. Crisis stabilization and case management services are available 24 hours a day to provide safe housing and support whenever services are needed. Survivors are able to stay at **Sanctuary House** up to 90 days and each person is offered comprehensive case management and therapeutic services. The program also offers therapy and skills-based groups that are designed to empower survivors to recover from trauma and lead healthy, independent lives. All services received while at **Sanctuary House** are free to the survivor

Clothing & Footwear

(Mens & Women's)

- Cozy socks (All sizes)
- Flip flops (All sizes)
- Leggings (M - XXXL)
- Shoes (W: 7-9 ½ | M: 8-10½)
- Slip-on shoes (All sizes)
- Socks (All sizes)
- Sports bras (All sizes)
- Sweats (M - XXXL)
- Underwear (All sizes)
- Underwear (All sizes)
- Tennis shoes (All sizes)
- T-shirts (M - XXXL)
- Underwear (All sizes)

Self Care Items

- Body sprays
- Crossword puzzle books
- Scented lotions
- Writing Journals

Personal Hygiene

- Bath soap
- Diapers & wipes
- Feminine products
- Hygiene travel kits
- Other hygiene products
- Shampoo/conditioner
- Toilet paper
- Toothbrush/toothpaste

Household Goods

- Bedding (twin size)
- Cleaning supplies
- Collapsible Cot
- Laundry Basket
- Paper towels
- Pillows
- Towels & washcloths

Other Needs

- Bags to carry items (large fabric shopping bags, backpacks)
- Nonperishable foods

About Heartland Family Service

The mission of **Heartland Family Service** is to strengthen individuals and families in our community through education, counseling, and support services.

Our programs provide critical human services in the areas of **Child & Family Well-Being**, **Counseling & Prevention**, and **Housing, Safety, & Financial Stability** to the individuals and families who ultimately shape the future of our community.



Help us to support those in our community who are in need.

So everyone can. HEARTLAND family service

DELIVER DONATIONS TO:
CENTER MALL OFFICE
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 HeartlandFamilyService.org