

## IN-KIND DONATIONS

We gratefully receive things we can use to enrich survivors' experiences at The Haven Retreat. Everything from welcome packages when participants arrive to hands-on classes that foster creativity and expression, your in-kind donations inspire hope and healing.

### HANDS-ON CLASSES

**KINTSUGI**, a Japanese philosophy of recognizing beauty in broken things

- Bowls that are 3-5 inches wide; ceramic, porcelain, or stoneware

#### ART JOURNALING

- Mixed media paper
- Cardstock
- Paintbrushes
- Acrylic paints
- Watercolor paints
- Colored pencils
- Stickers
- Markers
- Washi tape
- Stamps and ink
- Gel pens

#### VISION BOARDING

- Magazines
- Glue sticks
- Scissors

#### WARRIOR SISTER CARDS

- Blank cards
- Colored pens

#### COLORING

- Adult coloring books
- Colored pencils

#### MEMORY KEYCHAINS

- Beads that are roughly pea-sized and have big enough holes for participants that are less dexterous.

### WELCOME PACKAGES

- Journals  
*When selecting a journal, please avoid composition and spiral-bound notebooks. Also, because our participants come from many backgrounds, avoid journals with religious messaging.*
- Fleece blankets
- Warm socks
- Yoga socks  
*These are socks that have grippy material on the bottom.*

### MISCELLANEOUS

- Knit hats
- Scarves
- Gloves
- International calling cards

### FORGOTTEN ITEMS

We need travel sizes that are not branded with other organizations or hotels.

- Soap
- Shampoo and conditioner
- Razors
- Toothpaste and toothbrushes (individually packaged)
- Mouthwash
- Lotion
- Travel-size hairspray or mousse
- Floss
- Hair ties
- Brushes
- Combs
- Nail files and nail clippers
- Chapstick
- Feminine hygiene products
- Heat packs
- Ice packs
- Eye masks
- Earplugs

Please send all in-kind donations to:

**The Younique Foundation**  
**ATTN: In-kind Donations**  
**3400 W Mayflower Ave**  
**Lehi, UT 84043**

Live in the area? You can drop them off at the same address Monday – Friday from 9:00am to 4:00pm.

