

You can help...

Bedford Domestic Violence Services always needs:

- Dish detergent, dishwasher detergent, dish cloths
- Trash bags (heavy duty and kitchen bags)
- Laundry detergent, fabric softener, dryer sheets, bleach
- Household cleaners/wipes (Clorox, Windex, Glass Plus, Ajax, Pledge)
- Paper towels, toilet paper **
- Toiletry items** , Feminine hygiene products
- Food
- Gift cards (Wal-mart, CVS, Cato's, Food Lion, Kroger, gas cards)

Items needed to provide for families leaving shelter:

- Sheets, bed pillows, blankets
- Towels, washcloths
- Dishes, glasses, silverware
- Pots, pans, cooking utensils
- Cleaning supply kits: (glass cleaner, paper towels, toilet cleaner, sponges, etc.)
- Food boxes: (canned tuna and chicken, pasta & sauce, cereal, snack food, peanut butter & jelly, canned fruit and vegetables)

**These items are currently being donated by community service organizations

Volunteer your group to sponsor a monthly donation of needed items.

Clothing donations can be made at the Walk-in Center (580 Grove Street, Bedford City), or can be dropped in the clothing recycle bins located at any Bedford County Landfill.

Cell phone donations are used to provide emergency use phones for domestic violence victims. Cell phones that are not in working order are recycled. Phones may be donated at many Bedford County schools and the City Municipal Building.

Monetary contributions are accepted and are essential to providing crisis intervention services to victims of domestic violence in Bedford.

Go to **www.chefspreference.com** to find out how making food purchases that are delivered right to your door can benefit Bedford Domestic Violence Services.

Request a speaker for your organization. Be informed about resources/services. Most survivors turn to friends and family for help before they call a hotline.