

SELF CARE BAGS

As clients journey their way through our program, each client has different goals and milestone they strive for. Once a client achieves a goal or milestone, they are given a self-care gift bag as a motivation to continue on their journey.

Start with a small handbag that zips or ties

What to Include in Your Bag:

- ✓ Skin care face masks
- ✓ Nail polish
- ✓ Body scrub or lotion
- ✓ Make-up
- ✓ Gift Card for coffee or specialty drink (Starbucks, Scooters, Caribou, etc.)
- ✓ Devotional
- ✓ Journal
- ✓ Nice pens



WELCOME HOME BASKET

As we move our clients into more permanent housing solutions, many do not have the essentials. We want to reward this step by helping their new place feel like home.

Start with a standard laundry basket and fill it with home essentials

What to Include in Your Basket:

- ✓ Full or Queen Sheet Set
- ✓ Pillow(s)
- ✓ Spice Starter Set
- ✓ Can Opener, Measuring Cups
- ✓ Dish Rags and Sponges
- ✓ Bath Towel Set
- ✓ Laundry Essentials
- ✓ Cleaning Supplies
- ✓ Paper Towels
- ✓ Toilet Paper



Call To
Freedom



FAMILY FUN KIT

Many of our clients either have kids, or while with us work on reunification with their children. We want to treat them to a day of fun activities that many of us often take for granted.

Start with a gift bag

What to Include in Your Bag:

- ✔ Gift card to family restaurant
- ✔ Gift card for dessert (ie. cookie shop, cotton candy shop, ice cream shop, cupcakes)
- ✔ Family fun activity (ie. Zoo Pass, Washington Pavilion, Color Me Mine Gift Card, Swim Pass, Thunder Road, Sky Zone Jump Pass, Butterfly House and Aquarium)
- ✔ Family board or card game or at home craft



COMFY CARE KIT

One of the things many of those we serve have gone without is comfort. We want to provide them with something comfortable and relaxing. Comfy Care Kits are given as a motivation to continue on in their journey.

Start with a tote bag

Please size all items appropriately with all items included in the bag - can be men's or women's

What to Include in Your Bag:

- ✓ Blanket
- ✓ Leggings or Sweatpants
- ✓ Sweatshirt
- ✓ T-Shirt
- ✓ Coffee or Treat Gift Card
- ✓ Journal or Book



BABY BASKET

We often serve clients who are needing support in their journey of motherhood. Baby baskets are given to those expecting or have recently welcomed a newborn.

Start with a gift bag or basket

What to Include in Your Bag:

- ✓ Baby blanket
- ✓ Bottles
- ✓ Baby clothing
- ✓ Burp Cloths
- ✓ Pacifier
- ✓ Baby toys
- ✓ Formula



CONTACT US 605-370-8362 communityengagement@calltofreedom.org



WELLNESS KIT

Occupational Therapy is part of Call to Freedom's care team approach when a client walks through the doors. Wellness Kits are given to individuals to help provide them with strategies & tools to be successful in their daily living activities.

Start with a gift bag or basket

What to Include in Your Bag:

- ✓ Weighted blanket
- ✓ Fidget toys (stress balls, spinner fidgets, etc.)
- ✓ Shower/bath bombs
- ✓ Essential oils and/or diffusers
- ✓ 2025 Planners
- ✓ Adult/Kid Coloring Books



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