

Give Back Comfort Drive

Goal: Provide needed clothes and comfort items to inpatients at Sharp Mesa Vista Hospital

What: Comfort Drive for patients at Sharp Mesa Vista Hospital

When: Now through the end of September 2014

Where: Bring donations to a DBSA San Diego group or picnic OR arrange a pickup by contacting Michelle at 619-818-1856 or michelle@dbsasandiego.org.

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What can I give?

See page 2

Details:

Sharp Mesa Vista is a local psychiatric hospital. Often patients arrive without clothes or other comforts of home. Simple things like an outfit, a hairbrush, or journal can help them feel loved and feel like themselves again. Even art supplies or a yoga mat can make someone's day.

**So, go through your closet, hit the store, or ask a friend.
Let's make it happen!**

This is a DBSA San Diego Give Back Program project by Michelle Routhieaux.

www.dbsasandiego.org

Donation Ideas

****Items with pink asterisks have been requested by the hospital.****

*Men's & Women's Clothing (no holes, stains, tears or drawstrings)

*Aromatherapy products

*Plus size clothing

*New Hairbrushes

*New socks & underwear

*New Hair Styling Products

*New Chapstick

*Emery Boards

*Crochet hooks & yarn

*Playing Cards

*Books or magazines

*Yoga Mats

*Movies

*Art Supplies—markers, crayons, colored pencils, coloring books, sketchpads, stickers, etc.

New toothbrushes/toothpaste

Play-Doh or Clay

Bras

Pajamas

Hairties

Lotion

Deodorant

Shoes that don't require laces

Board games

Sandals/Flip-flops

Slippers

Crossword/Wordsearch books

Puzzles

Pre-packaged snacks

Puzzle Mats

Journals (no spiral binding)

Composition books

New Makeup

Sunglasses

Jewelry

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