

# THE YOUTH TRANSITIONAL TOOL-KIT

## YOUTH AID



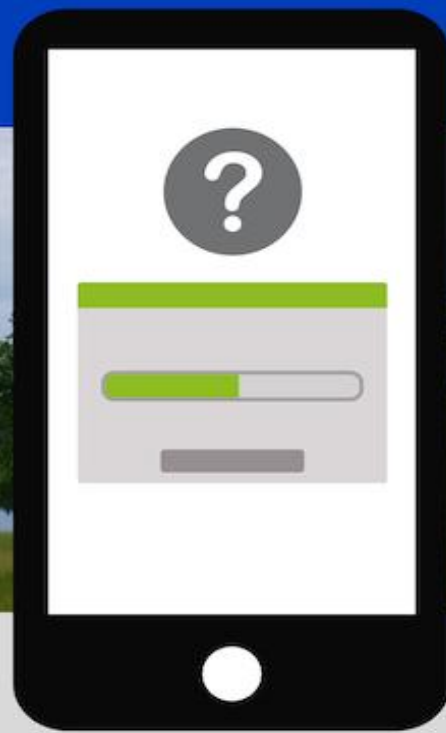
PREPARED BY



GRAND COUNCIL  
**TREATY #3**  
THE GOVERNMENT OF THE ANISHINAABE NATION IN TREATY #3

# WHERE DO I START?

## WHO? WHERE? WHAT? WHEN? HOW?



You may be asking yourself, where do I start? Well, often your best bet is to get a referral. Many youth who are transitioning are referred to services such as job services, health professionals, community aid, etc.

Websites such as a Google or Yahoo can be the place to find these answers. However, what if I can't find what I'm looking for online? The next following pages provide contacts such as phone numbers, websites, along with organizations sorted by regions and major cities. Services range from apartment referrals, education, sexual assault centers, and youth activities. This tool-kit contains community safety tips, support, etc.

# COMMUNITY SAFETY

## REMAIN SAFE WITHIN YOUR COMMUNITY



These are safety tips to follow! Stay in a group. Especially if you're out at night! There is safety in numbers, when traveling within a group with two – five people. The risk of assault is reduced significantly.

Avoid dark streets or trails as well as secluded areas. When walking it's important to keep in mind of land marks. Buildings, statues, signs, and street names. If you are caught in a situation where you need emergency aid, this will help emergency services locate you. This can help dispatchers communicate with first respondents.

Always tell someone where you're going and when you'll be returning. This allows family members and close friends to remember where you were if an emergency arises.

Pick out safe spots! What are safe spots? These spots are places where you can stop if you need help, these can be houses of community members you may know. Possibly friends of your parents, friends' houses, stores, restaurants, police stations, libraries, and fire departments. When you're walking or riding your bike, make a mental note of the safe spots along your route. Using this technique, you'll know where they are in case you ever need one.



# WHAT IF A STRANGER IS INVOLVED?

- Many of these strangers will claim they know you, or possibly a family member. Despite stating that they know you or your family/friends it's safer to avoid talking to them. Avoid contact, and definitively do not follow or allow them to follow you. Strangers can easily figure out the name of their next victim by simply a piece of jewelry, a tag, or even an article of clothing. Even social media platforms can enlist this danger.

## WHAT IF THE ATTACKER IS ON FOOT?

- If your attacker is trailing you, test this out by crossing the street, or possibly walking faster. If the attacker follows you, this makes it definite. This can also be used to throw you attacker off, or possibly to get them to stop trailing. If you hear voices in ear shot, walk as fast as you can towards the voices. Once you're positive these people will be able to hear you. Then turn to your attacker and yell. "STOP FOLLOWING ME!" As loud as you possibly can. This will alert someone nearby to contact law enforcement. The attacked attempts to grab you purse, belongings, or jacket. Do not fight back, allowed the attacked the take these items. If they attempt to grab a purse, throw it as far as you can. The attacker will most likely attempt to grab it. This leaves a window of opportunity to run. Run to the nearest house, friends, or a safe place. Restaurants, stores, or anywhere where lights can be seen.



## WHAT IF THE STRANGER IS IN A CAR?

- If a stranger pulls up and offers you a ride, do not get into the automobile. Even if they claim to know you or your friends, family, or possibly you. If you don't know a person, it's better to be on the safe side. This rule is known by, most right? However, it's also safe to avoid strangers' cars completely. If you a stranger asks you to look in their car, do not. Don't agree to investigate their trunk or in the back of their truck or van. Never place your arm in the window to take something or point towards something. Never agree to come closer to see a pet or grab food, beverages, or possibly to borrow a cellular device if it's offered. Never accept offers from strangers. Water, food, or a cellular device to borrow. Never agree to take it, even if it's an object you really want. If the offer is coming from someone you do not know, ignore this person and walk the other way. If a stranger walks up to or pulls up in a car and you're too far away to hear the person. Do not walk closer, even if this person waves you over. Make sure to get away from this situation, run in the opposite direction the car is heading. If you can get an adult you know, law enforcement, a security guard, or to one of your safe spots as fast as you can if the stranger comes towards you.

# OTHER SAFETY TIPS

KEEP YOUR COMMUNITY SAFE



## MAKE SURE YOU:

- Always walk facing traffic and react to vehicles
- Avoiding walking and being distracted at the same time
- Always keep a mobile device on you.
- Having a personal alarm is a good idea.
- Be aware of your surroundings at all times.
- Be aware of your emergency phone settings.

## WHY A CELL PHONE?

- Make sure you have emergency contacts.
- Set up the "SOS" setting on your mobile devices.
- Be aware of how your cellular device operates.

## WHAT DO I DO IF I DON'T FEEL SAFE?

- Enter an area with a group or where you're in ear shot of other people.
- Immediately go to one of your "safe places."
- Call somebody to keep you company while walking home.

# EMERGENCY PHONE SETTING

## HOW DOES IT WORK?



On a Samsung device, the user must click the power key three times quickly to send an "SOS" or an emergency signal/message to emergency contacts. On an iPhone or Apple devices the user must hit the power key five times quickly. [Before testing or usage make sure this setting is activated in your phone settings.]

Once this button is clicked several times, three options will appear on the screen. One, the power off. Second, medical ID, this allows first respondents to be aware of what medical problems you may know. (Fill this out via phone settings.) The third option is the emergency SOS. If this is needed, hit this.



This activates an alarm counting down to three. This feature sends out an SOS text messages to your contacts, and calls emergency services such as 911, local police officers, medics, etc.

### DOES THIS WORK WITHOUT DATA??

# YES!



# WHERE CAN I CALL?

## YOUTH TRANSITIONAL TOOL-KIT PHONE BOOK:



**MENTAL HEALTH & ADDICTIONS**



**LEGAL AID**



**SUPPORT & CRISIS LINES**



**REFERRALS**



**SHELTERS**

# REMEMBER RELIABLE SOURCES

The numbers, extensions and web addresses accommodate Youth who are searching for:

- Legal Aid
- Support Groups
- Crisis Lines
- Shelters
- Mental Health Services
- Referral Services
- Educational Services



## WHO SHOULD I TALK TOO?:

Before calling it's important to know why you're calling or what you're asking for. Many people call referral lines for different reasons. If you're looking for a job, your best bet is to be calling a local job referral office. Unless the pizza delivery services offer a free job with their Sunday combos.

Keep in mind to call stable services. Read reviews, make sure they have proper certificates etc. Keep in mind that referral services won't always contact you the same day.





# PROVINCIAL

Name	Number	#	Website
Legal Aid Ontario [LAO]	1-800-608-8258		Legalaid.on.ca
Kids Help Phone	1-800-668-6868		Kidshelpphone.ca
Beendigen Inc. (Talk 4 Healing)	1-855-544-HEAL	(4325)	Talk4healing.ca
Drug and Alcohol Helpline	1-800-565-8603		
LGBT Youth Helpline	1-800-268-9688		
Connex Ontario	1-866-531-2600		Connexontario.ca
Good2Talk	1-866-9255454		Good2talk.ca
Assaulted Women's Help Line	1-866-863-0511	Or Text: SAFE (7233)	
Ontario Federation of Indigenous Friendship Centers (OFIFC)	1-800-772-9291		www.ofifc.org
Ontario Victims Services	1-888-579-2888		Services.findhelp.ca/ovss
Fellow Ship Centre			
Child, Youth & Family Crisis Line for Eastern Ontario	1-800-377-7775		www.icrs.ca
Problem Gambling Helpline	1-888-230-3505		
Ontario College and University Students	1-866-925-5454		
Fem'aide	1-877-336-2433		www.femaide.ca
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310		
Assaulted Women's Helpline. Training, Resource and Outreach Department	1-888-364-1210		www.awhl.org
Salvation Army			salvationarmy.ca/locator

# TORONTO

Name	Number	#	Website
Covenant House (Safe Talk.)	1-800-435-7308		Covenanthousetoronto.ca
Street Helpline	311		
Aids and Sexual Health Information Line	1-800-668-2437		
Telehealth	1-866-465-4478		<a href="http://www.health.gov.on.ca">http://www.health.gov.on.ca</a>
Lesbian Gay Bi Trans Youthline	1-800-268-9688		
Salvation Army	1-416-285-0080		
Operation Go Home (Get off to the street)	1-800-668-4663		
HIV Aids & Sexual Info	1-800-668-2437		
Intake Unit (to apply for OW)	1-888-465-4478		
Job Grow & Training Hotline	1-800-387-5656		
Ojibway Women's Lodge - Crisis Support and Counselling Program	1-800-387-2465		<a href="http://www.ojibwaywomenslodge.ca">www.ojibwaywomenslodge.ca</a>

# OTTAWA

Name	Number	#	Website
Ottawa Public Health	1-866-426-8885		<a href="http://www.ottawapublichealth.ca">www.ottawapublichealth.ca</a>
Ottawa and Region Distress Centre	1-613-238-3311		<a href="http://www.dcottawa.on.ca">www.dcottawa.on.ca</a>
Mental Health Crisis Line	1-613-722-6914		<a href="http://www.dcottawa.on.ca">www.dcottawa.on.ca</a>
Canadian Association for Suicide Prevention's Purpose Statement	1-613-702-4446		<a href="http://www.suicideprevention.ca">www.suicideprevention.ca</a>
Tel-Aide Outaouais	1-800-567-9699		<a href="http://www.telaideoutaouais.ca">www.telaideoutaouais.ca</a>
Men & Healing	1-613-482-9363		<a href="http://www.menandhealing.ca">www.menandhealing.ca</a>
Mental Health Crisis Service	1-613-722-6914		<a href="http://www.crisisline.ca">www.crisisline.ca</a>
Ottawa Rape Crisis Centre	1-613-562-2333		<a href="http://www.orcc.net">www.orcc.net</a>
Oshki Kizis Lodge Crisis Line	1-800-799-7233		
Ottawa Addictions Access and Referral Services (OAARS)	1-613-251-5202		<a href="http://www.montfortrenaissance.ca">www.montfortrenaissance.ca</a>
Interval House Of Ottawa	1-613-234-5181		
Sexual Assault Support Centre	1-613-234-2266		<a href="http://www.sascottawa.com">www.sascottawa.com</a>
Youth Services Bureau of Ottawa			
Ottawa Hospital (The) - Mental Health Mobile Crisis Team	1-866-996-0991		<a href="http://www.ottawahospital.on.ca">www.ottawahospital.on.ca</a>



# KENORA

Name	Number	#	Website
Lake Of The Woods District Hospital	1-807-468-9861		
Kenora Legal Aid Office	1-800-267-0650		<a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a>
Kenora District Services Board	1-888-767-2038		<a href="http://www.kdsb.on.ca">www.kdsb.on.ca</a>
Welfare Fraud Hotline	1-800-394-7867		
Women's Shelter, Saakaate House	1-800-465-1117		<a href="http://www.wssh.ca">www.wssh.ca</a>
Treaty # 3 Police Headquarters	1-807-548-5474		<a href="http://www.lwdh.on.ca">www.lwdh.on.ca</a>
Northwestern Health Unit	1-800-830-5978		<a href="http://www.nwhu.on.ca">www.nwhu.on.ca</a>
Waasegiizhig Nanaandawe'iyewigamig Health Access Centre (WNHAC)	1-877-224-2281		<a href="http://www.wnhac.org">www.wnhac.org</a>
Kenora Sexual Assault Centre	1-807-468-SAFE (7233)		<a href="http://www.kenoralsexualassaultcentre.ca">www.kenoralsexualassaultcentre.ca</a>
Ne-Chee Friendship Centre	1-807-468-5440		<a href="http://www.nechee.org">www.nechee.org</a>
Kenora & Rainy River District – Crisis Response Service	1-866-888-8988		<a href="http://www.crisisresponseservices.com">www.crisisresponseservices.com</a>
LEAP Employment Services	1-807-468-6940		<a href="http://www.leapforjobs.ca">www.leapforjobs.ca</a>
Kenora Salvation Army	1-807-468-8452		<a href="http://www.salvationarmy.ca">www.salvationarmy.ca</a>
WILLIAM W. CREIGHTON YOUTH SERVICES	1-807-766-2900		<a href="http://www.creightonyouth.com">www.creightonyouth.com</a>

# THUNDER BAY

Name	Number	#	Website
CMHA Thunder Bay Crisis Response Services	1-888-269-3100		<a href="http://www.thunderbay.cmha.ca">www.thunderbay.cmha.ca</a>
Thunder Bay Counseling Center	1-807- 684-1880		<a href="http://www.tbaycounselling.com/addiction-mental">www.tbaycounselling.com/addiction-mental</a>
Dilico Anishinabek Family Care	1-800-465-3985		
Thunder Bay Indigenous Friendship Centre	1-807-345-5840		<a href="http://www.tbifc.ca">www.tbifc.ca</a>
Sexual Abuse Centre	1-807-344-4502		<a href="http://www.tbsasa.org">www.tbsasa.org</a>
Ka-Na-Chi-Hih (Specialized Solvent Abuse Treatment Centre)	1-888-863-1560		<a href="http://www.kanachihih.ca">www.kanachihih.ca</a>
Conseil Scolaire de District Catholique des Aurores Boréales	1-800-367-0874		<a href="http://www.csdcab.ca">www.csdcab.ca</a>
Thunder Bay Counselling Centre	1-888- 204-2221		<a href="http://www.tbaycounselling.com">www.tbaycounselling.com</a>
Bear Clan Patrol Thunder Bay			<a href="http://www.bearclanpatroltbay.com">www.bearclanpatroltbay.com</a>
Ontario Child Advocate	1-888-342-1380		<a href="http://www.provincialadvocate.on.ca">www.provincialadvocate.on.ca</a>
YES Employment Services	1-807-623-0768		<a href="http://www.yesjobsnow.com">www.yesjobsnow.com</a>

# HAMILTON

Name	Number	#	Website
COAST Hamilton	1-905-972-8338		<a href="http://www.coasthamilton.ca">www.coasthamilton.ca</a>
Saint Joseph's Health Care Hamilton	1-905-522-1155		<a href="http://www.stjoes.ca">www.stjoes.ca</a>
Hamilton Police	1-905-546-4925		<a href="http://www.hamiltonpolice.on.ca">www.hamiltonpolice.on.ca</a>
Sexual Assault Centre Hamilton	1-905-525-4573		<a href="http://www.sacha.ca">www.sacha.ca</a>
Salvation Army (The) - Hamilton - Community and Family Services - Suicide Prevention Crisis Line	1-855-294-4673		<a href="http://www.hopesalive.ca">www.hopesalive.ca</a>
Interval House of Hamilton	1-905-387-8881		<a href="http://www.intervalhousehamilton.org">www.intervalhousehamilton.org</a>
Employment Hamilton	1-905-522-4902		<a href="http://www.employmenthamilton.com">www.employmenthamilton.com</a>
Good Shepherd Youth Services	1-905-296-0052		<a href="http://www.goodshepherdcentres.ca">www.goodshepherdcentres.ca</a>
Notre Dame Youth Shelter	1-905-308-8090		<a href="http://www.goodshepherdcentres.ca/notre-dame-house">www.goodshepherdcentres.ca/notre-dame-house</a>
Wesley Youth Housing	1-905-527-4430		<a href="http://www.wesley.ca">www.wesley.ca</a>
Ontario. Ministry of Children and Youth Services	1- 905-521-7458		
Youth Wellness Centre #ReachOut	1-905-522-1155 ext. 31725		<a href="http://www.reachouthamilton.ca">www.reachouthamilton.ca</a>
United Way	1-844-392-7639		<a href="http://www.uwhh.ca">www.uwhh.ca</a>
Centre For Addiction & Mental Health	1-800-463-2338		<a href="http://www.camh.ca">www.camh.ca</a>



# PETERBOROUGH

Name	Number	#	Website
Peterborough Regional Health Centre	1-705-743-2121		<a href="http://www.prhc.on.ca">www.prhc.on.ca</a>
Peterborough Youth Services	1-888-475-3420		<a href="http://www.pysonline.ca">www.pysonline.ca</a>
Yes Shelter For Youth And Families	1- 705-748-3851		<a href="http://www.yesshelter.ca">www.yesshelter.ca</a>
Welcome to Dalhousie Youth Support Services	1- 705-749-5705		<a href="http://www.dyss.ca">www.dyss.ca</a>
Youth Unlimited	1-705-743-2900		<a href="http://www.youthunlimitedkaw.com">www.youthunlimitedkaw.com</a>
Kawartha Sexual Assault Centre	1-866-298-7778		<a href="http://www.kawarthasexualassaultcentre.com">www.kawarthasexualassaultcentre.com</a>
Peterborough Social Services	1-855-738 - 3755		<a href="http://www.peterborough.ca/socialservices">www.peterborough.ca/socialservices</a>
Employment Planning & Counselling	1-705-748-9110		<a href="http://www.epcjobs.ca">www.epcjobs.ca</a>
Salvation Army	1- 705-743-3131		<a href="http://www.salvationarmypbto.org">www.salvationarmypbto.org</a>
Canadian Mental Health AssociationOffice	1- 705-748-6711		<a href="http://www.cmha.ca">www.cmha.ca</a>
Peterborough Community Legal Centre	1- 705-749-9355		<a href="http://www.ptbo-clc.org">www.ptbo-clc.org</a>
Legal Aid Ontario	1- 705-743-5430		<a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a>

# NIAGARA

Name	Number	#	Website
Contact Niagara (Referrals)	1-800-933-3617		<a href="http://www.contactniagara.org">www.contactniagara.org</a>
Nightlight Youth Services	1-905-358-3678		<a href="http://www.boysandgirlsclubniagara.org">www.boysandgirlsclubniagara.org</a>
RAFT Youth Resource and Drop In	1-833-984-4365		<a href="http://www.theraft.ca">www.theraft.ca</a>
Cason (Addiction Services)	1-905-684-1183		<a href="http://www.cason.ca">www.cason.ca</a>
Pathstone Mental Health	1-800-263-4944		<a href="http://www.pathstonementalhealth.ca">www.pathstonementalhealth.ca</a>
Niagara Regional Housing	1-800-232-3292		<a href="http://www.nrh.ca">www.nrh.ca</a>
Project Share	1- 905-357-5121		<a href="http://www.projectshare.ca">www.projectshare.ca</a>
Women's Place – Nova House	1-905-356-5800		<a href="http://womensplacesn.org">womensplacesn.org</a>
United Way Niagara	1-905-688-5050		<a href="http://www.unitedwayniagara.org">www.unitedwayniagara.org</a>
Wipe Out			<a href="http://www.wipeoutpoverty.ca">www.wipeoutpoverty.ca</a>
Niagara Addiction Service	1-905- 834-7057		
I Am Confident Niagara Canada	1-289-362-2086		<a href="http://www.imconfident.com">www.imconfident.com</a>
Therapy Tails	1-855-886-3647		<a href="http://www.therapytails.ca">www.therapytails.ca</a>
4-H Ontario	1-877-410-6748		<a href="http://www.4-hontario.ca">www.4-hontario.ca</a>
Positive Spaces	1-416-322-4950		<a href="http://www.positivespaces.ca">www.positivespaces.ca</a>
Sugar Ridge Treatment Centre	1-866-609-1793		<a href="http://www.sugarridge.ca">www.sugarridge.ca</a>
Safera (French Services)	1-418-800-1235		<a href="http://www.safera.net">www.safera.net</a>

# WINNIPEG

Name	Number	#	Website
MacDonald Youth Services	1-888-383-2776		<a href="http://www.mys.ca">www.mys.ca</a>
YES Manitoba	1-204-987-8661		<a href="http://www.youthemploymentservices.com">www.youthemploymentservices.com</a>
Manitoba Suicide Line	1-877-435-7170		
Winnipeg Mobile Crisis	1-204-940-1781		
Problem Gambling Helpline	1-800-463-1554		
Human Trafficking Hotline	1-844-333-2211		
Sexual Assault Crisis Line	1-204-786-8631		
Manitoba Addictions Helpline	1-855-662-6605		<a href="http://Maddictionhelp.ca">Maddictionhelp.ca</a>
Community Legal Education Association	1-800-943-2305		<a href="http://www.communitylegal.mb.ca">www.communitylegal.mb.ca</a>
Mood Association of Manitoba	1-800-263-1460		<a href="http://www.mooodisordersmanitoba.ca">www.mooodisordersmanitoba.ca</a>
Resource Assistance for Youth	1-204-783-5617		<a href="http://www.rayinc.ca">www.rayinc.ca</a>
YMCA – YWCA of Winnipeg	1-204-947-3044		<a href="http://www.ywinnipeg.ca">www.ywinnipeg.ca</a>
Opportunities for Employment Inc	1-204-925-3490		<a href="http://www.ofe.ca">www.ofe.ca</a>
Ndinawe Youth Resource Centre	1-204-589-5545		<a href="http://www.ndinawe.ca">www.ndinawe.ca</a>
Ndinawe Safehouse Intake Line	1-204-417-7233		<a href="http://www.ndinawe.ca">www.ndinawe.ca</a>
Legal Aid Manitoba	1-800-261-2960		<a href="http://www.legalaid.mb.ca">www.legalaid.mb.ca</a>
Winnipeg Housing Rehab Coporation	1-204-949-2880		<a href="http://www.whrc.ca">www.whrc.ca</a>
Family Law Office	1-204-889-1336		
The Workers Compensation Board of Manitoba	1-855-954-4321		<a href="http://www.mcb.mc.ca">www.mcb.mc.ca</a>



# APARTMENT HUNTING?

Looking for a new apartment can be exciting. However, before you officially make a final decision on your new home, it's important to keep a couple ideals or questions in mind. It's important to understand the basic lingo behind apartment hunters. Lease, Signing, Purchase, etc. Before your move becomes make sure you're aware of everything there is to know. It's also important to know your sources, referrals, and your checklist is in order.

## ASK: THREE QUESTIONS

**01**

Who should I ask?

Believe it or not your best bet is asking friends and family. Letting your close contacts know you're looking broadens the doorway for contacts and assistance in searching for a cozy new apartment.

**02**

What is my budget?

It's important to know your budget and how much you're willing to spend per month on your apartment. Some are more expensive than others, however if found properly. Cheaper apartments in great condition can be found.

**03**

Are the ideals I have realistic?

When searching for a new place to live, it's important to have realistic ideals. This ties into the second question, remember your budget. It's unrealistic to have a lower set budget and being searching for an apartment with marble counters and a view of the ocean.

# RENT CALCULATOR

Use this formula to calculate how much you can spend on housing.

## RENTAL BUDGET

$$\frac{\text{gross income}}{\text{(Divided by)}} 40 =$$

## SUBTRACT UTILITIES

Electric

Food/Meals (estimate)

Gas

Water

Sewage

Waste

Disposal

Exterminators



## FEES

Storage fees

Parking fees

Renter's Insurance

Pet fees

Cable/Internet

## RENT YOU CAN AFFORD:



# APARTMENT WALK THROUGH CHECK LIST:



Turn on faucets. Check that they work properly, do the pipes bang?



Check the locks on the front door to make sure they are in working condition.



Check the floors, walls, and ceiling or any water damage, cracks, or stains.



Make sure there are no sealing issues with the front door.



Make sure you can open your windows, sometimes they can be painted shut or are a pain to open.



Inspect lighting in the parking lot, property and hallways. Is it ample?



Make sure all the windows have screens, especially if you own pets.



Make sure there is sufficient parking.



Open all closets, doors, cabinet to make sure you have proper storage space and no critters.



If the building has security gates, make sure they aren't broken.



Plug something in to make sure all the plug-ins work.



Ask where the laundry facilities are to make sure they are safely located.



Check the appliances in the kitchen to make sure they are up to your standards.



Visit the property during both the day and night to get a real feel of the neighborhood.



Be aware of the noise level in the unit.





# NEW APARTMENT NECESSITIES

## ENTRANCE AREA

- Welcome mat (for outside the door.)
- Small Area Rug (for just inside the door.)
- Wall hooks for jackets, keys, etc.
- Small table or bench for shoe storage.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LIVING ROOM

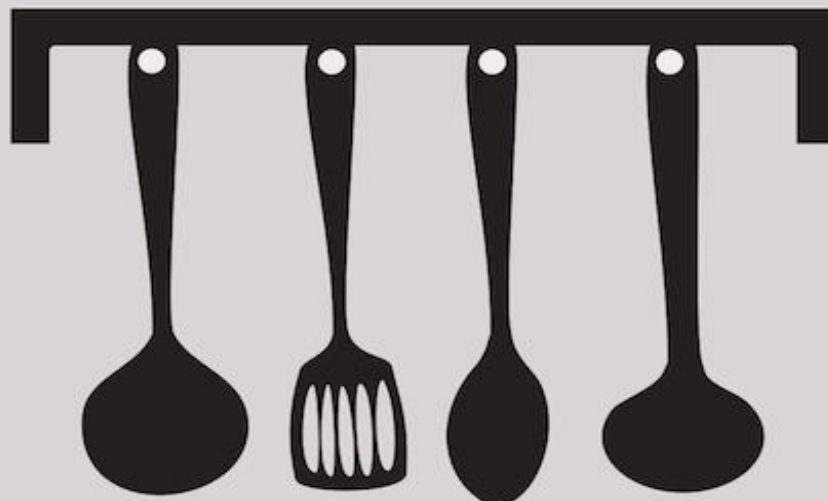
- **Couch, chairs, or other things to sit on.**
- **Coffee table**
- Bookshelves
- Television
- Stand for TV
- Throw pillows for couches/chairs
- Artwork
- **Lamp(s)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## KITCHEN

- **Food**
- Silverware organizer. (drawer insert.)
- **Dishes** (e.g. plates, glasses, mugs, bowls, serving platters, etc. )
- Trash and recycling cans
- Pots and Pans
- Oven mitts
- Spatulas, ladles, whisks, etc.
- Container for countertop storage of spatulas, ladles, whisks, etc.
- Dish towels
- Dish drying rack
- Measuring cups and spoons
- Mixing bowls
- Bottle Opener and corkscrew
- Plastic containers for food storage. (e.g. Tupperware or Glad-ware.)
- Rolls of aluminum foil, wax paper, plastic wrap, and parchment paper.
- Paper (or newspaper) to line cupboards and shelves.
- Zip-tip plastic bags of different sizes.
- Cutting boards
- Toaster or toaster oven.
- Microwave
- Coffee maker
- Cutlery
- Trash Can
- Drying wrack
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## BATHROOM

- Shower curtain
- Shower rings
- Bath mat
- Trash can
- Towels
- Washcloths
- Hand Towels
- Toilet Paper
- Toilet Brush
- Toilet Plunger
- Bathroom Cleaners
- Shelves
- Organizers

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- \_\_\_\_\_
- \_\_\_\_\_

## BEDROOM

- Bed sheets
- Duvet
- Pillow(s)
- Pillow Cases
- Alarm Clock
- Clothing hangers
- Drapery
- Drapery Hangers
- Blinds
- Under Bed Box
- Blankets
- Organizers

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- \_\_\_\_\_
- \_\_\_\_\_

