

HOST A SHOEBOX-RAISER



A perfect time for gathering!



The Shoebox Project for Women

Charitable Registration No. 833095045RR0001

THE SHOEBOX PROJECT

for women

About Us

We are a Canadian charitable non-profit passionate about making Canada a country where all women are seen, valued, and treated with dignity and respect.

Our mission is to uplift and empower women who are experiencing or at risk of homelessness or facing other financial and health obstacles through in-kind support, education, and community participation.

We celebrate diversity, build awareness, challenge stigma, and promote equity. When we use the term 'women', we use it in an inclusive manner and are mindful of all diverse and intersecting identities.

Who We Serve



We provide gifts & daily essentials to:

- Shelters serving: families, individuals who identify as women, transgender or non-binary; seniors; youth; refugees; adults living with disabilities; pregnant and parenting youth; among other.
- Immigrant, refugee & newcomer welcome programs
- Community health centres
- Indigenous friendship centres
- Food & clothing banks
- Supportive & transitional housing programs
- Homeless outreach services and drop-ins
- Employment support services
- Mental health and addiction services
- First Nations reserves

According to Mental Health Research Canada (Mental Health Research Canada(mhrc.ca); Women's Mental Health Report" conducted in 2023, "...women, particularly those from equity deserving groups, are struggling more with their mental health and despite being more likely to access care, are less likely to get the support they need. By bringing awareness to these gaps, we inform the development of mental health services for women — especially women from equity-deserving groups — and advance better health for all."

At the **Shoebox Project for Women**, we want to rectify these gaps by providing support to women facing multiple barriers, whether through a Shoebox gift or a message of support by an unknown member of her community; **your participation is crucial to help women move forward in their journey by providing them with the solidarity they need and deserve.**



A Shoebox is a personally crafted gift that contains a mix of essential everyday items and small luxuries that **any** woman would love!

Why Women?



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Plan a meaningful and fun gathering with your friends, book club, extended family, or your workplace!

How?

Fill Shoeboxes for local women impacted by homelessness and have a great time together!

Shoebox gift drives are simple to plan, are appropriate for people of any age, background and beliefs, and provide a hands-on opportunity to make a positive impact in your community.



Virtual Giving and Hybrid Options

For those who prefer to give virtually, we have other opportunities to give special and thoughtful gifts!

Host a fundraiser - Whether a zoom party for friends, a benefit concert or a trivia tournament, we can help you make it memorable and meaningful for you and your guests.

Create Virtual Shoeboxes - Through our online platform, select as many items as you would like, and purchase a symbolic Shoebox. Donors will receive a charitable receipt for their donation and funds can be allocated to support the Local Chapter of your choice.

Organize a Gift Card Drive - Gift cards are one of the most coveted items by the agencies we support. Donate a gift card of any denomination from a local business or a major chain, and help provide local women with the food, hygiene items and basic essentials they need most.



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Organizing Your Shoebox-Raiser Event

Organizing a Shoebox event is a **joyous and fulfilling experience!** However, If this is your first time organizing this type of event, you might need extra help. We understand!

Our **Guide to Create a Perfect Shoebox**, and our pro-tips and assembly suggestions below will help you have a successful event!

Our Pro-Tips for a fun and successful Shoebox-Raiser event:

Whether you have a small or large group looking to participate, and regardless of the approach you take, you may need help purchasing empty Shoeboxes, their gifts, and Shoebox-making supplies. If you want to plan your event as efficiently and organized as possible, or you have time constraints, we highly recommend connecting with our friends at **Kits for a Cause**, who can help set you up for your Shoebox-raiser event.

- You can purchase from them all items you'll need before your event's day, including the cardboard Shoeboxes.
- Book a room in your Community Centre, and host a gathering to wrap, decorate, and assemble Shoeboxes.
- Remind and encourage participants to write a personal message, or warm greeting of encouragement, for the Shoebox recipient.

Here are some ideas to organize your Shoebox Assembly:

The “Shopping List” Approach:

This is a great way to make sure you have all the items you need for your Shoeboxes!

- Ensure your attendees are comfortable with a **\$50** budget
- Decide how many gifts you want to make, i.e. 5 Shoeboxes.
- Designate the items you wish each person to bring.
- Each set of items per person should total about **\$50**.

In advance of your Shoebox-Raiser, provide everyone with a Shopping List. For example:

- Paola brings five \$10 gift cards.
- Angela brings 5 bottles of hand lotion & 5 sticks of deodorant.
- Jen brings 5 journals & 5 nice pens, **or** 5 pairs of warm socks.
- Cora brings 5 nail polishes & 5 lip glosses; **or** 5 black mascaras.
- Faith brings 5 body washes & 5 nice chocolate bars.
- **Everyone** brings a hand-written note with a message of support to place inside each Shoebox., wrapping paper, etc.

The “Fundraising” Approach:

Please ensure your attendees are comfortable with a \$50 budget

- Ask your attendees to send you their **\$50** contribution to the Shoebox-Raiser, in advance of your event.
- Use the pooled money to purchase all of the materials you need to build your gifts.
- Remind and encourage participants to write a personal message, or warm greeting of encouragement and place inside each Shoebox.
- Host your event and have fun!

For the Creative Bunch:

- Provide your guests with blank notecards or plain card stock and a variety of arts & craft supplies.
- Put your guests to work making beautiful handmade greeting cards!



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Have more questions?

Visit The Shoebox Project's **FAQ's Page** for more information and to find your Local Chapter

Check our guide on **HOW TO MAKE THE PERFECT SHOEBOX**

Thank You!



Share Your Shoebox Success!



@ShoeboxProject



/TheShoeboxProjectCanada

#ShoeboxProject

To purchase **Shoebox-approved** empty boxes and items (at wholesale/bulk price, approximately one-third the cost at retail), visit Kits For A Cause or email info@kitsforacause.com



FOR A CAUSE



info@shoeboxproject.com

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