

Rachel's List: DVRM participant needs (in the photo that's Rachel, lower left)

- melatonin in different doses
- Hyland Leg cramps medicine
- Hyland Leg cramps PM
- Hyland Restful leg medicine
- Hyland Restful leg PM
- Hyland Arnica
- Toilet paper
- Paper towels
- Poise pads (large pads for urine or heave periods)
- Hand warmers
- House cleaning supplies
- Cleaning wipes
- Spray cleaners
- Gas gift cards
- Laundromat cards for doing laundry
- Laundry soap
- Dryer sheets
- Cheap starter phones that come with minutes on them
- Headphones (so survivors can join our online Zoom support groups)
- Cold and flu medicine
- Teen boy and men's size boxer briefs in L, XL, XXL
- Men's hygiene items
- Deodorant
- African American hair supplies
- Shaving cream/lotion
- Shaving razors
- Q-tips
- Sheet sets for various size beds
- Pajama sets for sizes Large, X Large and XXL (we get lots donated in the smaller sizes already but rarely in the larger sizes)
- Men's socks
- Zyrtec allergy medicine
- Claritin allergy medicine
- Quelay 3D Turtle Design Affirmation Sobriety Coin Progress Not Perfection Inspirational AA Chip Medallion One Step at a Time Coins Sobriety Gifts for Sober Men Women in Recovery 30 for \$6.99 on Amazon

Group Books for support groups

- Codependent No More by Melody Beattie
- Codependent No More Workbooks by Melody Beattie
- The Codependency Healing Workbook: A Comprehensive Guide For Restoring Self-Worth, Breaking Free From Unhealthy Relationships, And Setting Healthy Boundaries (Trauma Recovery) by Cameron Clark

Adult Coloring Books by-

- Coco Wyo
- Hikaru Kotz
- Bobbie Goods
- Narcissistic Abuse Survivor Coloring Book: An Adult Coloring Book for the Trauma Healing Journey by Melissa Stevenson
- Alcohol Marker sets

Quilting supplies for group quilting project

- Jelly roll precut fabric strips
- 4" X 4" fabric bundles
- 10" X 10" fabric bundles
- Heat erasable fabric marking pens

Jamie's List for Clackamas County Behavioral Health

- Socks
- Hats
- Scarves
- Gloves
- Always ultra thin
- Tampax pearls
- Shampoo & conditioner
- Sunscreen
- Soap
- Deodorant
- Bottled water
- Chapstick
- Protein snacks
- Gas cards
- McDonald's gift cards
- TriMet bus or Sandy SAM Transit tickets