

Spring & Summer Wish List

Needed Seasonal Items:

Help our guests stay cool, dry, and protected from hot temperatures this season by providing the following essentials:

- Travel-Size Deodorant
- Sunscreen
- Baseball Caps
- Travel-size Kleenex
- Travel-Size Wet Wipes
- Razors
- Shaving Cream
- Men's & Women's Summer Footwear

WOMEN'S CLOTHING:

- T-Shirts (M size)
- Shorts
- Jeans
- Underwear (M size)
- Sports Bras

MEN'S CLOTHING:

- Jeans (Size 30-36)
- T-Shirts
- Hoodies
- Underwear (M-XXL)
- Belts/Suspenders

Other Ways to Get Involved:

Join our dedicated team of volunteers and help create positive change in our community.

Email VolunteerMH@theseed.ca for more information.

Follow us on social media!

You can make a difference with just one click.

Facebook: @mustardseedcan

Instagram: @themustardseedyxh

Tiktok: @theseed.ca

THANK YOU FOR YOUR SUPPORT AND COMMITMENT TO SERVING OTHERS THIS SEASON

Drop-Off Information:

Community Support Centre Downtown
503A Allowance Ave SE
Medicine Hat, AB T1A 3E4
Monday - Friday: 11:00 a.m. - 4:00 p.m.

TheSeed.ca

