

# In-Kind Donations

WE GRATEFULLY RECEIVE THINGS WE CAN USE TO ENRICH SURVIVORS' EXPERIENCES AT THE SAPREA RETREAT.

Everything from welcome packages when participants arrive to hands-on classes that foster creativity and expression, your in-kind donations inspire hope and healing.

## Hands-on Classes

### KINTSUGI

*(A Japanese philosophy of recognizing beauty in broken things)*

- ◆ Bowls  
*(3-5 inches wide; ceramic, porcelain, or stoneware)*

### ART JOURNALING

- ◆ Mixed media paper
- ◆ Cardstock
- ◆ Paintbrushes
- ◆ Acrylic paints

- ◆ Watercolor paints
- ◆ Colored pencils
- ◆ Stickers
- ◆ Markers
- ◆ Washi tape
- ◆ Stamps and ink
- ◆ Gel pens

### VISION BOARDING

- ◆ Magazines
- ◆ Glue sticks
- ◆ Scissors

### COURAGE CARDS

- ◆ Blank cards
- ◆ Colored pens

### COLORING

- ◆ Adult coloring books
- ◆ Colored pencils

### MEMORY KEYCHAINS

- ◆ Beads  
*(Roughly pea-sized and have big enough holes for participants that are less dexterous.)*

## Welcome Packages

### ◆ Journals

*When selecting a journal, please avoid composition and spiral-bound notebooks. Also, because our participants come from many backgrounds, avoid journals with religious messaging.*

- ◆ Warm socks
- ◆ Drawstring Bags

## Forgotten Items

*We need travel sizes that are not branded with other organizations or hotels.*

- ◆ Soap
- ◆ Toothpaste and toothbrushes  
*(individually packaged)*
- ◆ Shampoo and conditioner
- ◆ Razors
- ◆ Mouthwash
- ◆ Lotion
- ◆ Travel-size hairspray or mousse
- ◆ Floss
- ◆ Hair ties
- ◆ Brushes
- ◆ Combs

- ◆ Nail files and nail clippers
- ◆ Chapstick
- ◆ Feminine hygiene products
- ◆ Heat packs
- ◆ Ice packs
- ◆ Eye masks
- ◆ Earplugs

## Miscellaneous

- ◆ Knit hats
- ◆ Scarves
- ◆ Gloves
- ◆ International calling cards

PLEASE SEND ALL IN-KIND DONATIONS TO:

### Saprea

Attn: In-kind Donations  
4101 N. Thanksgiving Way, STE 100  
Lehi, UT 84048

LIVE IN THE AREA?

You can drop them off at the same address  
**Monday – Friday**  
**from 9:00a.m. to 4:00p.m.**

