



## Supplies We Can Always Use:

### Over the Counter Medications

Tylenol/Acetaminphen  
Advil/Ibuprophen  
Aleve/Naproxen  
Cough Drops  
Dayquil Tablets  
Zyrtec  
Claritin  
Tums

Cold Medications

No Benadryl/PM Medications

No Sleep Inducing Meds

Items can be dropped off at  
our men's or women's campus  
24 hours a day!

#### Men's Campus

1251 Goode Street.  
Raleigh, NC 27603

#### Women's Campus

3304 Glen Royal Road  
Raleigh, NC 27617

### Shelter & Detox Needs

Toothpaste  
Toothbrush with Case  
Hairbrush  
Q-Tips  
Shampoo  
Conditioner  
Deodorant  
Soap  
Socks  
Ear Plugs  
Chapstick  
Pillows  
Twin Bedsheets  
Washcloths  
Towels  
Pens  
Notebooks  
Daily Planners  
Women's Clothing  
Men's Clothing  
Shoes  
Underwear (Men & Women)  
Blankets  
Coats  
Gloves  
Hats

## Thank you for your support!!!

919-838-9800



[healing-transitions.org](http://healing-transitions.org)