

# Transition to Independence Kit

Please pack items in appropriately sized containers, boxes or bags and weight for safety when carrying – Thank you

*Wooden spoons*  
*Measuring spoons*  
*Measuring cups*  
*Potato peeler*  
*Can opener*  
*Scissors*  
*Tongs*  
*Spatula*  
*Flipper*  
*Silverware*  
*Glasses*  
*12-piece dinnerware set*  
*Dish scrub brush*  
*3-piece metal bowl set*  
*3-quart saucepan*  
*Frying pan*  
*Colander*  
*Cutting board*  
*Muffin tin*

*Cookie sheet*  
*Cake pan*  
*Rubbermaid food storage  
to go containers x 2*  
*Tin foil*  
*Plastic wrap*  
*Salt & pepper shakers*  
*Spices (cinnamon, garlic  
salt chilli powder, paprika,  
oregano leaves)*  
*Toaster*  
*Oven mitts*  
*Dishcloths*  
*Kitchen towel*  
*Dust pan*  
*Broom*  
*Toilet brush with holder*  
*Mop & bucket*  
*Laundry basket*



*We thank you for your kindness*  
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*[www.monicalplace.ca](http://www.monicalplace.ca)*

Evidence shows there is a significant correlation between early childhood adversities and lifelong outcomes. When we support parents, we are supporting the opportunities for their young children to reach their full potential. Many youth that access community support for teen pregnancy lack parental support of their own, or struggle with various difficulties including mental health concerns and addiction.

Monica Place provides multi-disciplinary programming to build strong attachment between mom and baby, and teach the parenting skills necessary to raise strong, healthy, resilient kids! Monica house places a significant emphasis on early intervention in children's development and mental health to provide them with the best outcomes possible.

## So... how YOU can help:

Help to donate 40 item "starter kits" for these young moms who are transitioning out of Monica Place and into supportive housing where they need to fill their first kitchen! We will be purchasing all the necessary tools to fill a kitchen from toasters to wooden spoons as well as some fun household items to help these young mom's make their first house a home!

Each Kit Cost

Estimated

\$250



Please consider donating ANY amount big or small to this cause and together we can make a HUGE impact by providing starter kits to many moms!