



The Survivors' Wellness Locker

Long-term Health Problems

Research has shown that physical, sexual, and psychological violence is linked to many long-term health problems, including arthritis, anxiety, chronic pain, cardiovascular disease, diabetes, depression, fibromyalgia, irritable bowel syndrome, migraines, chronic fatigue syndrome, problems with the immune system, and post-traumatic stress disorder.

The Wellness Locker is one way that HopeWorks addresses this often-overlooked consequence of surviving trauma. The Wellness Locker contains essential wellness items to replenish body and mind. The locker is available to survivors who are members of our Health Project. If you or your organization would like to donate items to The Survivors' Wellness Locker please contact Kate Kurlycheck, Volunteer & Special Events Coordinator at: volunteers@HopeWorksOfHC.org

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Most Needed Items!

- Acupuncture/Accupressure Mats
- Light Therapy Lamps (min. 10,000 LUX)
- Weighted Blankets (12 lbs most requested weight)
- Electric Heating Pads
- Microwavable Moist Heating Pads
- Instant Cold Packs for Pain
- Cupping Massage Sets
- Aromatherapy Items (diffusers & oils)
- Back Massagers
- Sound Machines

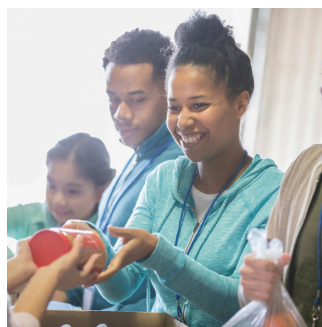


[HopeWorksOfHC.org](https://www.HopeWorksOfHC.org)

Scan QR code for the
HopeWorks Wellness Locker
Amazon Wish List



Transform Lives With Your Donation!



If you or your organization would like to donate any of the items noted below, please email Kate at kkurlychek@hopeworksofhc.org.

Highly Needed Items!

- Grocery store gift cards
- Waffle & Pancake Mix
- Cereal (Hot & Cold)
- Canned Meats
- Juice and juice boxes
- Pasta & Pasta Sauce
- Canned Soups/Chili/Stew
- Liquid dish soap/dishwasher detergent
- Shampoo and conditioner for Black hair
- Face Wash & lotion
- Body Wash & Body lotion
- Toilet Paper & Toilet Cleanser
- Kitchen Cleaning Product & Paper Towels



HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention. HopeWorks maintains a pantry that is available to our clients who need assistance in acquiring essential food, personal, and household items. We appreciate your effort in helping us restock our shelves so we may continue providing this service to the people of our community who need it.

~from crisis to hope~

www.HopeWorksOfHC.org