



Warm-A-Soul at Christmas

Every year we give stockings filled with gifts, practical items, and treats to disadvantaged children, youth, Indigenous communities, and individuals living in local shelters, supportive housing, and on our streets - **those who may not otherwise receive a gift at Christmas.**

This year, we will be **providing 3000+ stockings** (approximately 300 for women, 300 for men, and 2400 for children).

The **Warm-A-Soul Campaign** runs annually from Nov. 15 to Dec. 15.

Here's How To Join In On The Fun:

- Each stocking costs approximately \$20+ to fill.
- For men, use a pair of large wool socks. Put one sock in the toe of the other. Tip: Tie a scarf around the outside of the socks.
- For women and children, pick up a large red stocking from any Dollar Store. Secure stockings with a safety pin and a note with who the stocking is for (woman, boy, girl, unisex) and the age range for the children. Tip: Tie a scarf around the outside of the stocking.
- We will include a card of encouragement with your stocking. Please refrain from adding your own personal note or information.
- **Stockings, items, and donations can be dropped off at our Extreme Coffee House and office Monday-Friday, 8:30-3:30**

**For more details, visit our website:
www.extremeoutreach.com**

Creative Ways To Warm A Soul:

- Get a group of friends together and have a stocking stuffing party!
- Have a contest in your office to see which team can bring in the most stockings or donate financially so we can make them.
- Plan a class project at your school where students stuff stockings, learning about how to help those in need.
- Make a video and we can spread it through our social media channels.



**SCAN TO
DONATE**

extremecoffeehouse

102 - 284 Helmcken Road
Victoria BC V9B 1T2
250-384-2064 • office@extremeoutreach.com

Thank you and Merry Christmas!

Content Suggestions:

For Children



- **TOYS:** Small toys such as musical instruments (mini harmonica, flute, etc), stuffed animals or dolls, balls, deck of cards, yo-yos, comics, small games/puzzles, cars, small Lego sets, small puzzle books.
- **ART/CRAFT SUPPLIES:** Drawing pads, pens, crayons.
- **SCHOOL SUPPLIES:** Pens, pencils, pencil sharpener, ruler, erasers, solar calculators.
- **PERSONAL ITEMS:** Comb, hairbrush, toothbrush, toothpaste, soap, facecloth, hair accessories.
- **MISCELLANEOUS:** Socks, gloves, hats/toques, scarves, sealed candy, chocolate, small flashlights.
- **PLEASE DO NOT INCLUDE:** Food, used items, toy guns, firecrackers, or things that could melt, break, freeze or harm someone (sharp objects).

For Ladies

- **PERSONAL ITEMS:** Comb, hairbrush, toothbrush, toothpaste, soap, facecloth, hair accessories.
- **MISCELLANEOUS:** Socks, gloves, hats/toques, scarves, sealed candy, chocolate, pens, jewellery, small flashlights.
- **FUN THINGS:** Small toys such as musical instruments (mini harmonica, flute, etc), stuffed animals, deck of cards, comics, small games/puzzles, small puzzle books.
- **PLEASE DO NOT INCLUDE:** Food, razors, mouthwash, used items, firecrackers, or things that could melt, break, freeze or harm someone (sharp objects).

For Men

- **PERSONAL ITEMS:** Comb, hairbrush, toothbrush, toothpaste, soap, facecloth.
- **MISCELLANEOUS:** Socks, gloves, hats/toques, scarves, sealed candy, chocolate, pens, small flashlights.
- **FUN THINGS:** Small toys such as musical instruments (mini harmonica, flute, etc), deck of cards, yo-yos, comics, small games/puzzles, small puzzle books.
- **PLEASE DO NOT INCLUDE:** Food, razors, mouthwash, used items, firecrackers, or things that could melt, break, freeze or harm someone (sharp objects).



EXTREME
Outreach Society
Bringing Hope - Inspiring Dreams

Charitable No. 89221 3414 RR0001

www.extremeoutreach.com