



Hello! I'm Izzy Huggins! For my B'Mitzvah Tikkun Olam project, I am helping JFS [Project Dvora](#) to uplift and support people who are leaving abusive relationships. I will be collecting items like chocolate bars, essential oils, lotion,

chapstick and stress relief objects for survivors and their children. I invite you to help contribute over the next month by leaving items in the box in the KHN lobby.

Project Dvora Care Packages

Show you care! Help us gather these supplies:

FOR ADULTS:

- Copies of [Becoming the Narcissist's Nightmare](#) by Shahida Arabi,
- Small chocolates or snacks, non-perishable (no nuts!),
- Calming essential oils, lotions, or oil bracelets, [EXAMPLE](#)
- Stress balls, [EXAMPLE](#)
- New pairs of cozy socks or mittens,
- Chapstick/lip gloss.

FOR KIDS:

- Small crackers/ snack, non-perishable (no nuts!),
- Small plush stuffed animal/doll,
- Coloring book with crayons,
- Kids book about surviving (list [HERE](#)),
- Small board or card games for 2+ players,
- Craft DIY kits (ex: jewelry making set or science kit).

AND WE NEED:

- Pretty cotton, canvas or other reusable bags
- Blank Cards for messages of encouragement

