

Hello! I'm Izzy Huggins! For my B'Mitzvah Tikkun Olam project I am working with Jewish Family Service's [Project Dvora](#) to help uplift and support people who are leaving abusive relationships. I will be collecting items like chocolate bars, lotion, chapstick and stress relief objects for survivors. I invite you to help contribute over the next month by leaving items in the box in the lobby at KHN.

Project Dvora Care Bags for Survivors

Show you care! Help us gather these supplies:

FOR ADULTS:

- Copies of [Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself](#) by Shahida Arabi
- Small chocolates or snacks, non-perishable.
- 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—nothing with nuts since peanut allergies are common
- Small plush stuffed animal / doll
- Coloring book with crayons
- Kids book about DV (list [here](#)).
- Small board or card games for 2+ players OR 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

