

ONE MOTHER TO ANOTHER



It couldn't be easier to give another mother a gift this Mother's Day.

Let a mother know you're thinking of her on Mother's Day. She might be living in a refuge, her house may have burnt down, she might be homeless. You can help her feel supported this Mother's Day. Your gift might be the only one she receives.

It's easy to show a mum you care... just follow these four simple steps.

1 Make up a gift bag of women's toiletries. Choose a nice toiletry bag and fill it with everything you would need if you had nothing. Some ideas include toothbrush, toothpaste, hairbrush, hair ties, shampoo, conditioner, body wash, tampons/pads, sunscreen, body and face moisturiser, cleanser, tissues, deodorant, band aids or a basic first aid kit.

2 Include a note for a mother to let her know you care.

3 Take a photo of your gift pack and post it on facebook, twitter or instagram using the hashtag **#onemothertoanother**

4 Post to St Kilda Mums at **14 Winterton Road, Clayton** or drop off during our opening times.

Mother's Day is Sunday 10 May. Please **deliver your gift by Thursday 30 April** and we will distribute your thoughtful gift to a mum in need. **Thank you!**



St Kilda Mums

w: www.stkildamums.org
e: donate@stkildamums.org