Wish List

Please bring items to:
The Up Center Ghent Office
222 W. 19th Street, Norfolk, VA 23517

<table>
<thead>
<tr>
<th>Art Therapy Needs</th>
<th>Adoption &amp; Foster Care Services</th>
<th>Camp Horizon</th>
<th>Children’s Therapy Playroom (Ghent office)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glitter, buttons, beads, sequins</td>
<td>Masking &amp; clear tape</td>
<td>Paper cutter</td>
<td>Child’s table &amp; chairs</td>
</tr>
<tr>
<td>Sturdy plastic tablecloths</td>
<td>Tissue paper</td>
<td>Video games (for Nintendo Wii, Xbox, etc.)</td>
<td>2 Big Joe bean bag chairs</td>
</tr>
<tr>
<td>Plaster bandages</td>
<td>Model magic brushes</td>
<td>Feathers</td>
<td>Family &amp; animal puppets</td>
</tr>
<tr>
<td>Pencils &amp; erasers</td>
<td>Scissors (lefty included)</td>
<td>Tissue paper (solids &amp; prints)</td>
<td>Kitchen play set &amp; dishes</td>
</tr>
<tr>
<td>String and yarn</td>
<td>Water-based and permanent markers</td>
<td>Puzzles</td>
<td>Small plastic soldiers &amp; dinosaurs</td>
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<tr>
<td>18x24 white paper (10# or higher)</td>
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<td></td>
<td>Crayons/markers/drawing paper</td>
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<tr>
<td>Multi-cultural magazines</td>
<td>Balloons, popsicle sticks</td>
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<td>Cash register</td>
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<tr>
<td>Colored paper</td>
<td>Pastels &amp; colored pencils</td>
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<tr>
<td>Ruler watercolor, tempera, guache</td>
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Adoption & Foster Care Services
Board games
Gift cards
Meals provided to feed around 20
Duffle bags (new or gently used)
Duffle bag contents: toothbrush/paste, soap, lotion, deodorant, diapers (all sizes), wipes, formula, bottles, pacifiers, deodorant, undershirts/underwear (all sizes), pajamas (all sizes), brushes/combs, socks, hair accessories
(When donating, please note that many of our children in foster care are school-age and young teens)

Camp Horizon
Board games
Sports equipment (indoor & outdoor)
Card games
Musical instruments
White cotton t-shirts (all sizes)
Tempura paint (washable, gallon size, basic colors)
Pallets or construction toys
Brightly colored rug
Baby doll & baby bottles
Bop bag
6-10 foot rope
Model Magic or Sculpey
Plastic telephone
LEGO and DUPLO blocks
Mirror
Masks
Play money

Children’s Therapy Playroom (Ghent office)
Child’s table & chairs
Doll house, furniture & family
Dress-up clothes
Dart guns with darts
Foam aggression bats
Sand tray w/toys
Scarfes or bandanas
Cardboard bricks
Masking tape
Toy vehicles (cars, trucks, etc.)
Doctor’s kit
2 Big Joe bean bag chairs
Family & animal puppets
Kitchen play set & dishes
Small plastic soldiers & dinosaurs
Crayons/markers/drawing paper
Cash register
Blocks or construction toys
Blackboard
Magic wands
Playing cards
Ring-toss or similar game
### Counseling Visitation Room

- **Nintendo Wii & games (family-friendly)**
- **Area rug (11x13, neutral colors)**
- **Flat screen television**
- Comfortable chair, loveseat, couch
- Books (for all ages)
- Family board & card games
- Window seat cushions for long benches (15x2, neutral colors)
- Floor lamps
- Wooden cabinets

### Day Support Center

- **Van chair lift (~$5,000)**
- **Laureate Learning System software (for Microsoft)**
- Stereo system w/speakers
- Indoor mini-trampoline
- Leap Frog pad & accessories
- DVD player

### Early Childhood Clients

<table>
<thead>
<tr>
<th>Gear &amp; Furniture</th>
<th>Pack-n-Plays (need especially)</th>
<th>Cribs, bassinets</th>
<th>Cradles</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Diaper bags</td>
<td>Baby monitors</td>
<td>Strollers</td>
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<tr>
<td>Clothing</td>
<td>Socks or booties</td>
<td>Newborn caps, hats, sunbonnets</td>
<td>Scratch mittens</td>
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<tr>
<td></td>
<td>Receiving blankets</td>
<td>Heavy quilts/blankets</td>
<td>Homecoming outfits</td>
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<tr>
<td></td>
<td>Snowsuits</td>
<td>Car seat covers</td>
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</tr>
<tr>
<td>Diapering &amp; Bathing Supplies</td>
<td>Diapers (disposable or cloth)</td>
<td>Disposable wipes</td>
<td>Baby washclothes</td>
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<tr>
<td></td>
<td>Hooded towels</td>
<td>Baby tearless soap/shampoo</td>
<td>Baby lotion/oil</td>
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<tr>
<td></td>
<td>Baby nail clippers</td>
<td>Cotton swabs</td>
<td>Baby comb &amp; brush</td>
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<td></td>
<td>Bathing tub</td>
<td>Diaper cream</td>
<td>Changing pads/cover</td>
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<tr>
<td></td>
<td>Bath toys</td>
<td>Diaper pails/bag fillers</td>
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<tr>
<td>First Aid &amp; Safety</td>
<td>Digital thermometer</td>
<td>Nasal aspirator (bulb)</td>
<td>Baby Tylenol</td>
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<td>Safety gate</td>
<td>Outlet plugs</td>
<td>Cabinet/drawer latches &amp; locks</td>
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<tr>
<td>Feeding Supplies</td>
<td>Burp cloths</td>
<td>Bottles</td>
<td>Bottle brush</td>
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<tr>
<td></td>
<td>Pacifier</td>
<td>Formula (Good Start or Similac)</td>
<td>Bibs</td>
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<tr>
<td>Breastfeeding Supplies</td>
<td>Breast pads</td>
<td>Nursing bras</td>
<td>Breast pump</td>
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<tr>
<td></td>
<td>Breast milk storage bags</td>
<td>Breastfeeding pillow/cover</td>
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<tr>
<td>Books &amp; Guides</td>
<td>Tactile (touch/feel) books</td>
<td>Potty training guides</td>
<td>ABC &amp; 123 books</td>
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<tr>
<td></td>
<td>Board books</td>
<td>Sticker books</td>
<td>Family magazines</td>
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<tr>
<td>Toys</td>
<td>Rattles</td>
<td>Push-pull toys</td>
<td>Stacking blocks (thru age 6)</td>
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<td></td>
<td>Wooden puzzles</td>
<td>Balls (all sizes)</td>
<td>Shape sorting toys/games</td>
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<tr>
<td></td>
<td>Musical instruments</td>
<td>Play Doh &amp; tools</td>
<td>Large LEGOS (building toys)</td>
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<td></td>
<td>Board games</td>
<td>Dress-up clothes</td>
<td>Dolls (all ethnicities &amp; genders)</td>
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<tr>
<td></td>
<td>Chalk (board &amp; sidewalk)</td>
<td>Linking toys</td>
<td>Lacing toys</td>
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<tr>
<td></td>
<td>Tonka trucks/toys</td>
<td>Teething rings</td>
<td>Baby Keys</td>
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<tr>
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<td>V-tech toys</td>
<td>Music CDs (thru age 6)</td>
<td>Tea Sets</td>
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<tr>
<td>Fisher Price cause-effect toys</td>
<td>Hand-held educational games</td>
<td>Kitchen toy sets</td>
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### In-Home Counseling & Mental Health Clients

**Bedding (twin & full)**
- Sheets
- Pillows/cases
- Comforters/covers

**Kitchen Supplies**
- Post & pans
- Cutlery
- Plates & bowls
- Utensils
- Dishtowel & napkins
- Glasses & cups

**Clothing (all ages & genders)**
- Winter coats
- Hats, gloves & scarves
- Bras
- Underpants
- T-shirts
- Pajamas
- Slippers
- Robes

**Personal Hygiene Products (all ages & genders)**
- Soap/shampoo
- Toothbrush/toothpaste
- Deodorant
- Feminine products
- Insect repellent

**Misc.**
- Washcloths & towels
- Family board games
- Household cleaning products
- Diapers, wipes, bottles & formula
- Hampton Roads Transit bus passes
- Thermometers & first-aid kits
- Winter coats
- Hats, gloves & scarves
- Bras
- Underpants
- T-shirts
- Pajamas
- Slippers
- Robes

**Up Center Books**
- Family board games
- New and gently used books
- New and gently used DVDs, CDs
- Family movies
- Hampton Roads Transit bus passes
- Large, flat-screen television