



GREATER LONG BEACH & WEST ORANGE COUNTY

Donate Supplies for Abortion After-Care Kits for Planned Parenthood

Saturday & Sunday, Sept. 10 & 11 10 am – 2 pm in front of the Alpert JCC

Help NCJW gather the supplies for **Abortion After-Care Kits** which we'll donate to Planned Parenthood of Orange and San Bernardino Counties for their clients. These little bags contain **comfort items given to patients after a procedure.**

Here is what we need:

- individually wrapped menstrual pads
- disposable heat patches for menstrual cramping
- travel-size hand sanitizer
- individually wrapped hand wipes
- small individual packs of Oreo cookies
- Luna bars
- individually wrapped black and herbal tea bags
- packs of hair ties



If you can volunteer for a 2-hour shift on Sept. 10 or Sept. 11 from 10 am – 2 pm please email us at ncjwglbwoc@gmail.com.