



2023 CWIM

Shoelbox Party

Toolkit

www.cwimorg.com/shoelbox-party

What is a Shoebox Party?



A Shoebox Party is a gathering of friends or colleagues who fill holiday wrapped shoeboxes with gifts and essentials. These are then distributed to local women in need. Approximately \$50 worth of items are Included along with personal messages of support to the recipients.

Offering a tangible gift is a powerful reminder for a woman that she has not been forgotten and that she remains a valued and respected member of her community during a time when she may be feeling alone and isolated.

CWIM started encouraging Canadian women physicians to host or attend these events in 2019 in support of a registered Canadian charity called the **Shoebox Project**.

www.shoeboxproject.ca/home

Hundreds of shoeboxes have been made by women physicians like you over the years. The need is especially great this year and we are hoping that your generosity will shine through once again. Many smaller towns and cities may not be a Shoebox Project collection site, so we are encouraging you to reach out directly to those in need in your own communities.



CWIM Support



We've created this **toolkit** to provide you with some ideas and help get you started.



We'll post a **live registry link** on CWP and CPMG FB groups (not public), or email at your request, so that you can connect with hosts in various cities to participate.



We'll share with the community! **Post** on social media using the #cwimgiving and #shoeboxparty hashtags and be sure to tag @cwimorg.



We've created a downloadable **CWIM note card**, which you can print at home, write in your holiday messages of support, and place in your boxes.



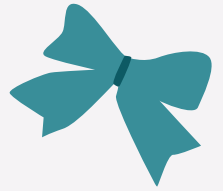
We'll help keep track! **Register** the number of shoeboxes your group made this year on the CWIM Shoebox Party webpage so we'll know the 2023 grand total and can beat it next year.



We're here to help if you have questions! **Send us an email anytime at hello@cwimorg.com.**

www.cwimorg.com/shoebox-party

Hosting a Shoebox Party



Find one or two local community shelters or agencies and contact them to see what the approximate need is for their client base. Consider any of the following:

- / Shelters serving women and families
- / Immigrant, refugee and newcomer programs
- / Community health centres
- / Indigenous friendship centres
- / Food and clothing banks
- / Transitional housing projects
- / Homeless outreach services
- / Mental Health and addiction services
- / First Nations Reserves

Alternatively, visit **www.shoeboxproject.ca/locations** to see if the Shoebox Project has a drop off location in your area.

Choose a date, ideally at least two weeks before the holidays. **Invite** other Canadian women physicians or friends to attend.

Consider involving your children or make it a ladies only night, your choice. Share food or drinks or just some laughs this holiday season. Worried about COVID or other respiratory illnesses? Consider smaller groups at multiple locations.



Creating a Shoebox Success



Plan to fill a standard sized shoebox with a mix of essentials and special treats, **approximate value \$50**.

Divide up the list of items to be purchased amongst your party group. Each volunteer brings their assigned items on the day/night of the party and also multiple standard sized shoeboxes or memory boxes of a similar size.

You'll need:



Beautiful Holiday
Wrapping Paper



Tape



Tissue Paper



Pretty Ribbon + Stickers
(avoid bows as boxes
are usually stacked)



CWIM Note Cards
(consider printing
on cardstock)



Possible Essentials



Shampoo/Conditioner

Body Wash

Socks

Deodorant

Toothpaste/Toothbrush

\$10 Gift Card
(Grocery or
Drugstore)

Lip Balm

Hairbrush

Possible Treats

Chocolate or Candy

Cosmetics (Lip Gloss,
Eyeliner, Mascara, Nail Polish)

Hand Cream

Cozy Accessories (Hat, Mitts, Scarf)

Self Care (Journals/Pens)

Skin Care (Sunscreen, Face Cleanser,
Moisturizer, Hand or Body Lotion)

Things Not to Include

Used Goods

Sized Clothing

Candles

Unpackaged Items

Products Containing
Alcohol (Mouthwash,
Hand Sanitizer)

Tampons or Pads

Samples

Razors, Nail Kits or
Anything That Could
Cause Harm

Perfumes or Heavily
Scented Products

Children's Products

Jumbo Sized
Containers

Putting It All Together



Make your box as beautiful as possible!

- / Wrap the top and bottom separately
- / Line with tissue paper
- / Keep the box unsealed
- / Include the CWIM note card with an inspirational or uplifting message for your shoebox recipient

Your Gift

Thank you for taking the time to fill shoeboxes this holiday season! Once again you are making a difference in the lives of women across our country. We hope these gatherings bring you joy this holiday season as you find time to connect with friends and colleagues.

Thank You!



CWIM Organization Events Committee

