

## Silver Spire's Shower and Laundry Program - <https://silverspire.ca/events/showers-and-laundry-service/>

### Hygiene Essentials

- Large Bottles of Shampoo & conditioner, & Body Wash
- Body wash or soap
- Deodorant
- Toothbrushes & toothpaste
- Razors
- Feminine hygiene products
- Sunscreen and bug spray (in summer)

### Shower & Laundry Supplies

- **Bath towels** (new or gently used)
- Laundry detergent pods or small bottles
- Fabric softener sheets

### Clothing (Seasonal & Practical)

- T-shirts, socks, and underwear only

### Small Comforts

- Cellphone chargers (USB cables and wall plugs)
- Reusable water bottles
- Tote bags or backpacks

## Hours for the Shower and Laundry Program

- Monday to Friday
- 9:00 a.m. to 12:00 p.m.

## HOW TO CONTACT!

### Address

**366 St. Paul Street**

St. Catharines, Ontario, L2R 3N2

### Phone

**905-682-8328**

### Email

**office@silverspire.ca**