



HOW TO DONATE TO SUITS ME FINE

WHAT IS SUITS ME FINE?

Suits Me Fine is a program that provides free clothing, accessories and toiletries to all CAMH clients. These necessities are provided through the generosity of donors like yourself as well as CAMH staff and businesses in the community. This program outfits thousands of CAMH clients a year.

WHEN TO DONATE AND WHAT DONATIONS ARE WELCOME

Like many retail shops *Suits Me Fine* provides a selection of seasonal clothing. Some items are required around the year. This handy chart may guide you in deciding what types of donations can assist the shop in providing the widest selection of clothing needed at different times of the year:

Spring/Summer (March-July)	Fall/Winter (August-February)	All Year
<ul style="list-style-type: none"> • Light jackets • Shirts • Skirts • Shorts (not too short) • Dresses • Tops (short sleeve) • Pants 	<ul style="list-style-type: none"> • Winter coats and Jackets • Sweaters • Winter boots • Scarves, • Gloves, • Hats 	<ul style="list-style-type: none"> • Men/Women socks • Men briefs/boxers (preferably new) • Women undergarments (bras, all sizes) • Men/Women t-shirts, hoodies, sweatpants, shirts • Men/Women running shoes (sizes 9-13) • Accessories, hand bags, jewelry, hair ties • Jeans • Toiletries (shampoo, soap, conditioner, lotion, toothbrush)

*Sometimes generous clothing donations may not be suitable for our clients may be exchanged for other clothing items that are more urgently needed. Due to limited access to dry cleaning and other specialty clothing care, our clients appreciate easy to maintain clothing such as cotton, denim etc.

CLOTHING CONDITION GUIDELINES

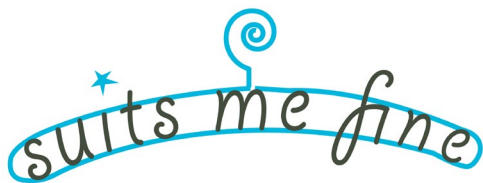
Suits Me Fine accepts clothing that is new or gently used. Any gently used clothing should be laundered before donating. If possible, socks and underwear should be new and in package.

Items should be ready to wear, clean and in good repair before donating. Please no holes, tears, missing buttons, broken zippers or broken clasps on jewelry.

MONETARY DONATIONS

Suits Me Fine also welcomes monetary donations. Monetary donations allow us to purchase urgently needed clothing or clothing of particular sizes requested by our clients. If you'd like to make a monetary donation, you can do so online at www.camh.ca click on donate now, and designate *Suits Me Fine* Clothing program in the gift designation box.

Alternatively you can write a cheque to CAMH Foundation and write *Suits Me Fine* Clothing Program in the notes section of your cheque and mail it to: CAMH Foundation, Bell Gateway Building, 100 Stokes Street, 5th Floor Toronto, ON, M6J 1H4.



HOW TO DONATE TO *SUITS ME FINE*

WHERE TO DONATE

There are many ways to donate clothing to *Suits Me Fine*.

Donated items are accepted at our store location from Monday-Thursday between 11p.m.-2p.m. Our store is located on the 2nd floor of the CAMH Crisis and Critical Care Building, at 1051 Queen Street West. To ensure donations are received, please do not leave donations unattended in front of the store.

Alternatively, you may also drop items at the CAMH loading dock located in laneway behind the Bell Gateway building (100 Stokes) Monday-Fridays from 9:30am-3:30pm.

You may also pre-arrange a convenient time by calling us at (416) 535-8501 ext. 36010 or ext. 33009. Please leave a message if there is no answer and we'll gladly return your call.

We also have carts available if assistance is required with bulky or heavy donations.

PLEASE SHARE

Please share this donation guide with your friends. Everyone likes to clean out their closets from time to time and you will know that your contribution is helping our clients look good and feel good!

To our regular donors, our CAMH clients, volunteers and staff thank you for your generous and ongoing support.