

Give for a Better Day

# Holiday Gift Wish List



For patients at Rogers Behavioral Health, mental health and addiction treatment is difficult any time of year, but it can be especially challenging during the holidays.

Your donation goes a long way in providing comfort and lessening anxiety during what can often be a lonely time.

Our patients have special requirements based on their behavioral health care needs. Extra caution must be used when purchasing gifts. Please consider the following:

1. Ages 10 years and up
2. All items must be new
3. No games with themes of violence
4. No items containing Latex or sharp edges
5. No items or gift cards with religious (Christmas/Hanukkah) themes
6. Do not wrap gifts

**Arts and crafts** — Art supplies, colored pencils/gel pens/markers (no crayons), origami books and paper, sketch pads, and stickers

**Clothing and comfort** — Athletic socks and shorts, leggings, t-shirts, sweatshirts/sweatpants, undergarments, seasonal apparel (hats/mittens/coats in winter), and stuffed animals (for adolescents)

**Games** — Apples to Apples, Bananagrams, Clue, deck of cards, Jenga, Life, Mancala, outdoor sporting equipment (balls), Phase 10, jigsaw puzzles (300-1000 pieces), Rubik's Cubes, Sequence, Sorry, Uno, Uno Flip, and Yahtzee

**Gift cards (\$10)** — Target, Walmart, fast food, restaurants, and movie theaters

**Mindfulness activities** — Brain puzzles (crossword, Sudoku, word search books), fidget toys, gratitude journals (no spiral bound), Kinetic Sand, mindfulness coloring books, stress balls, and therapeutic putty

**Monetary gifts** — Cash donations assist the Foundation in filling in the gaps and purchasing specially requested items that are sure to bring joy to our patients

[rogersbhfoundation.org](http://rogersbhfoundation.org)

Gifts during the holidays send messages of hope and kindness during a difficult time of year.



Scan to purchase items from our Amazon Wish List.

Or search for Rogers Behavioral Health Foundation in Amazon's Gifts and Registry area.