



**Friends
with Dignity**
AUSTRALIA



All Items must be
new and
unopened

Pamper Pack

ITEMS WE NEED DONATED FOR CURRENT AND FUTURE PROJECTS

These packs are gifted to adults and teens that are in or leaving domestic violence refuges and are designed to restore a smile and a sense of self worth.

- › Candles and Diffusers
- › Body Sprays, Perfumes, Soaps
- › Body ,Face and Hand Creams
- › Make-up
- › Chocolates and Lollies
- › New Books and Magazines
- › Notepads, Journals, Diaries and Pens
- › Manicure Sest & Nail polishes
- › Brushes, Combs & Hair Accessories
- › Jewellery
- › Cellophane and Ribbons
- › Gift baskets and boxes

Step Up ♡ Speak Out ♡ Support!

ABOUT FRIENDS WITH DIGNITY

Friends with Dignity is a volunteer based not for profit registered charity that provides practical programs to assist survivors of domestic violence in collaboration with refuge and crisis centres.

CONTACT INFORMATION



Call us:
Ph: 1300 512 393



Visit our website:
friendswithdignity.org.au



To donate:

donate@friendswithdignity.org.au
for individual donations
community@friendswithdignity.org.au
to organise a workplace or
community drive



Contact:
PO Box 154 Hamilton
NSW 2303
PO Box 5527,
Q Super Centre,
Mermaid Waters QLD 4218

