



**BOYS & GIRLS CLUBS**  
OF THE TWIN CITIES

## **Boys and Girls Clubs Self Care Kits**

*Donations can be dropped off or delivered our administrative office located at  
690 Jackson Street, St. Paul, MN 55130*

- Journal
- Pens
- Chapstick
- Face mask
- Tea
- Candle
- Essential Oil
- Coloring Book
- Colored Pencils
- Fidget Toy
- Guided Meditation (card or QR code)
- Positive Affirmation Cards
- Mini water bottle