

# Needs for Sustaining my Efforts in Helping Others and Myself:



**About me:** My name is Brine, pronouns are he/they. I'm an advocate, consultant, cat dad, gathered, and community organizer who has disabilities along with big dreams. Money is tight so I'm asking the community for help!

## Needs for my Sensory Friendly Zones.

- ☐ I foldable table (not heavy that can fit in a small car)
- ☐ Fidgets (that aren't pop-its)
- ☐ cushions (to lean on or sit on)
- ☐ string lights/Christmas lights
- ☐ heavy blanket to block sound for the blanket fort
- ☐ area rug
- ☐ Sketchbook and coloring books
- ☐ Supplies for coloring and writing
- ☐ pop up tent
- ☐ a mic stand
- ☐ sign holders
- ☐ sheer fabric
- ☐ portable white noise machine
- ☐ Power strip
- ☐ extension cord
- ☐ battery operated lights for the tables
- ☐ disinfecting wipes for cleaning after

## General Supply Needs:

- ☐ A pack of 8.5 x 11 college ruled note pads
- ☐ A pack of 5 x 8 wide ruled note pads
- ☐ Highlighters
- ☐ Reusable Notebook: Rocketbook Smart Reusable Core Notebook  
<https://share.google/EsDN0U2FolUdlim2j>
- ☐ Pens (links are to show what I'm looking for)
  - ☐ A pack of: Sharpie S-Gel Retractable Gel Pen, Medium Point, 0.7mm, Black Ink, 4/Pack (2220963) | Staples  
<https://share.google/5C0cxBKAEUVO9DGfm>
  - ☐ A pack of: Sarasa Clip Vintage Gel Retractable 0.5mm Assort Light 5pk | Staples <https://share.google/qgXcrZ5zCc4Ecud4W>  
(preferably only black ink ones)
- ☐ A pack of mechanical pencil with led refills
- ☐ 3 packs of dividers (either Write-On Index Dividers. Letter Size With Pockets or regular letter size dividers)
- ☐ Folders
  - ☐ A pack of: Staples 2-Pocket Plastic Presentation Folder with Fasteners, Color chosen at random (ST55096-CC) | Staples  
<https://share.google/QKcJScaU43nGdoTUT> or a pack of: Staples 2-Pocket Paper Portfolio Folder, Assorted Colors (13017) | Staples  
<https://share.google/MjpJm6VE1zP4ITnyK>
- ☐ Mail sorter basket
- ☐ Accordion file organizer
- ☐ Pack of sticky notes
- ☐ Undated daily to do list 9.8" x 6.5", like this:  
<https://share.google/DqEaVgLUdOwbTyM3y>

**I'll update this as I receive items. Thank you SO much in advance!!**