

Volunteer-Run Abortion Care Bag Party DIGITAL TOOLKIT



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A guide on how to host your own private abortion care bag party! From gathering donations to assembly to distribution, this guide will help you with every single step so that you can create care packages for our patients on your own time in the comfort of your own home (or wherever you choose) with your own friends, food, music, and whatever else you'd like. We ask that you make at least 50 bags; this usually takes around 1 hour.

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What is an Abortion Care Bag?

Abortion care bags are small care packages with items such as menstrual pads, stress balls, heating pads, etc. They are given to each of our patients after they have had an abortion at any of our 14 health centers in Michigan. These packages really show our patients that we care about them before, during, and after their appointments. Health center staff and patients alike are so thankful for these care packages, and you have the opportunity to put your touch of care on them!

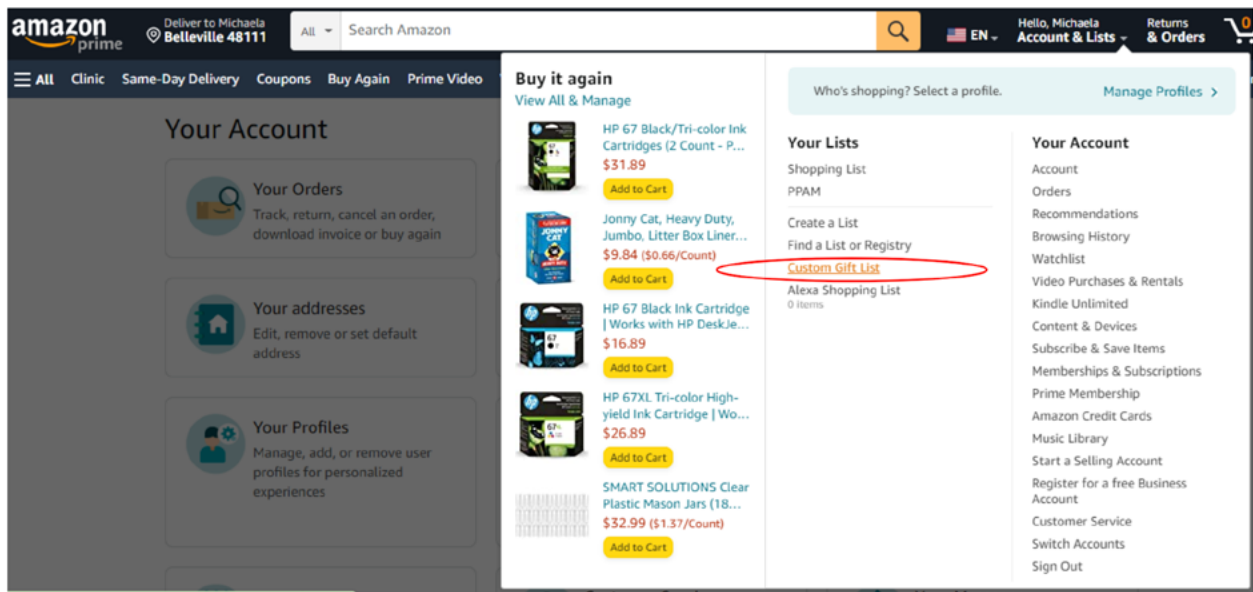
Abortion care bag assembly parties are typically hosted by Planned Parenthood Advocates of Michigan staff every other month or so. However, with 14 health centers all over our large state, it can be difficult to keep all of our centers stocked at all times. This is where you come in! With this guide, you will be able to host your own assembly party with your family and friends from the comfort of your own home, local library, park, or wherever you decide.

Creating an Amazon Wishlist

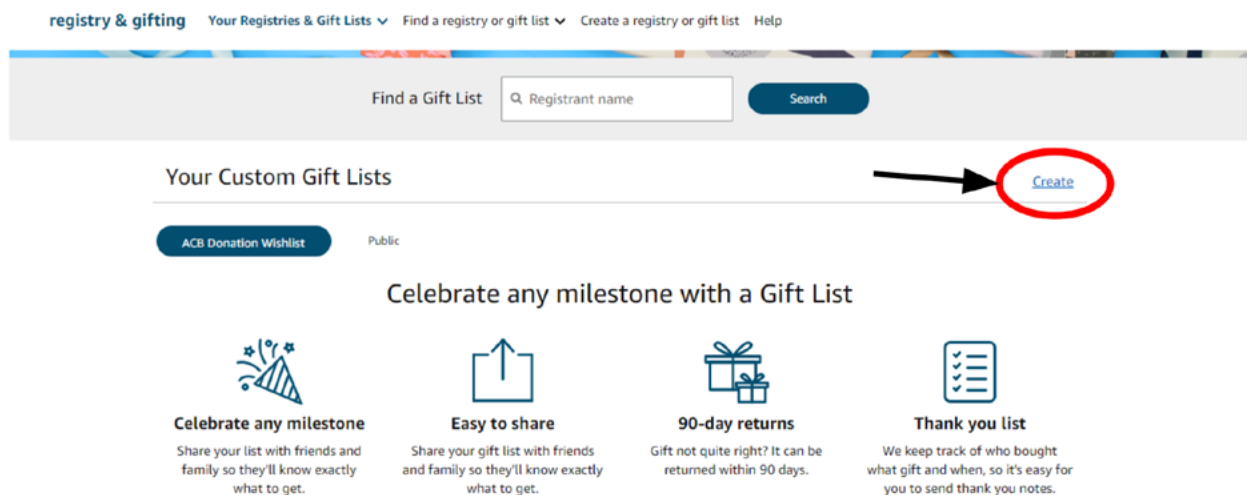
To gather supplies for your abortion care bags, you'll need to create an Amazon Wishlist. Below you will find step by step instructions on how to create a wishlist and a list of approved items to put in care packages.

How to create an Amazon Wishlist:

1. Go to amazon.com
2. Log in to your existing Amazon account (or create a new one).
3. Under "Account & Lists" select "Custom Gift List"



4. Select "Create"



5. Fill in your first and last name. Title the wishlist “Abortion Care Bag Donations {YOUR INITIALS}”. Fill in the date and location of your event.

registry & gifting Your Registries & Gift Lists Find a registry or gift list Create a registry or gift list Help

Please provide information to help guests find your list in search results

* Indicates required fields

Your first and last name *
Gifters will use this to search for your Gift List
First and last name

Name your Gift List *
Abortion Care Box Donations (YOUR INITIALS)

When are you celebrating? *
Don't know your date yet? Please put an estimated date.
[Calendar icon] [Date input]

Where are you celebrating?
City (Optional)
State

6. Set your location where the donations can be shipped. Enable the option to “share my address with sellers to allow gifts to be shipped to my address.” Do not enable the option to “let gift givers send additional gifts not included on this registry to my shipping address.”

registry & gifting Your Registries & Gift Lists Find a registry or gift list Create a registry or gift list Help

Progress indicator: 1 of 4 steps

* Indicates required fields

Please enter the address you want gifts shipped to below. *

Michaela Rochow, [Redacted address]

☒ Share my address with sellers to allow gifts to be shipped to my address. [Details](#)

☐ Let gift givers send additional gifts not included on this registry to my shipping address. [Details](#)

Did you know:
Gift List purchases can be returned within 90 days, and if your guests are Prime members, their gifts ship free.

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Your address here

7. You will want to choose the option to show what items people have purchased. This will help you plan for the number of abortion care bags you are making.

registry & gifting Your Registries & Gift Lists Find a registry or gift list Create a registry or gift list Help

Step 3 of 4

Would you like to see what's been purchased from your gift list?

You can update this setting at any time

☐ No, keep it a surprise. People shopping from your Gift List will see what's already been purchased, but you won't know until you're ready. You can change this setting at any time.

☒ Yes, show me what people are giving us. You will know which gifts have been purchased from your Gift List.

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8. For the time being, make your list private so that only you can see it. You will make it public once the list has been approved by PPAM staff (steps 12 and 13).

registry & gifting Your Registries & Gift Lists Find a registry or gift list Create a registry or gift list Help

Step 4 of 4

Your Gift List Privacy

Select who can see your gift list. If you change your mind, you can update preference in settings

☐ Public. Anyone can see this gift list.

☐ Shareable. Only people with a link can see this gift list, but it will not be searchable.

☒ Private. Only you can see this gift list.

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9. Add the approved items in the table below to your wishlist. The four items highlighted in yellow are required to be on the list. For the other items, you can choose 3-5 of them to add to your list. Add things to the gift list by going to the item on Amazon, go to the drop down menu under "Add to Registry and Gifting," and click your donation wishlist.

The image displays two screenshots of an Amazon product page for kraft paper bags. The top screenshot shows the 'Add to Registry & Gifting' dropdown menu circled in red. The bottom screenshot shows the 'ACB Donation Wishlist' option selected in the same dropdown menu, also circled in red.

Product Details:

- Brand: Oikss
- Color: Fuchsia
- Material: Paper
- Occasion: Wedding, Birthday, Valentine's Day
- Cartoon Character: Holiday
- Number of Items: 100
- Unit Count: 100 Count

About this item

- Material: Printed on high quality white kraft paper to make colors of kraft paper bags look fuller and bright-coloured. Gift Bags Medium Size: 8 inches long, 4.75 inches wide, 10 inches high kraft paper bag with 4 inches handle. Very suitable for Valentine's Day gift bags, shopping bags, holiday gift bags, party gift bags, retail bags, commodity

Price and Shipping:

- One-time purchase: \$27.99 (\$0.28 / Count)
- FREE delivery: Tomorrow
- Ships from: Amazon
- Sold by: kraft paper bag

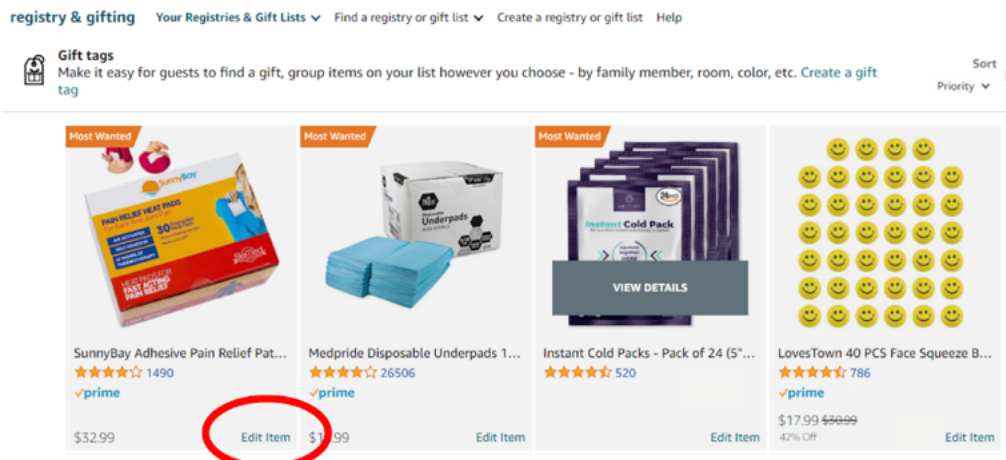
Wishlist Options:

- Add to List
- Add to Registry & Gifting
- ACB Donation Wishlist
- Custom Gift List

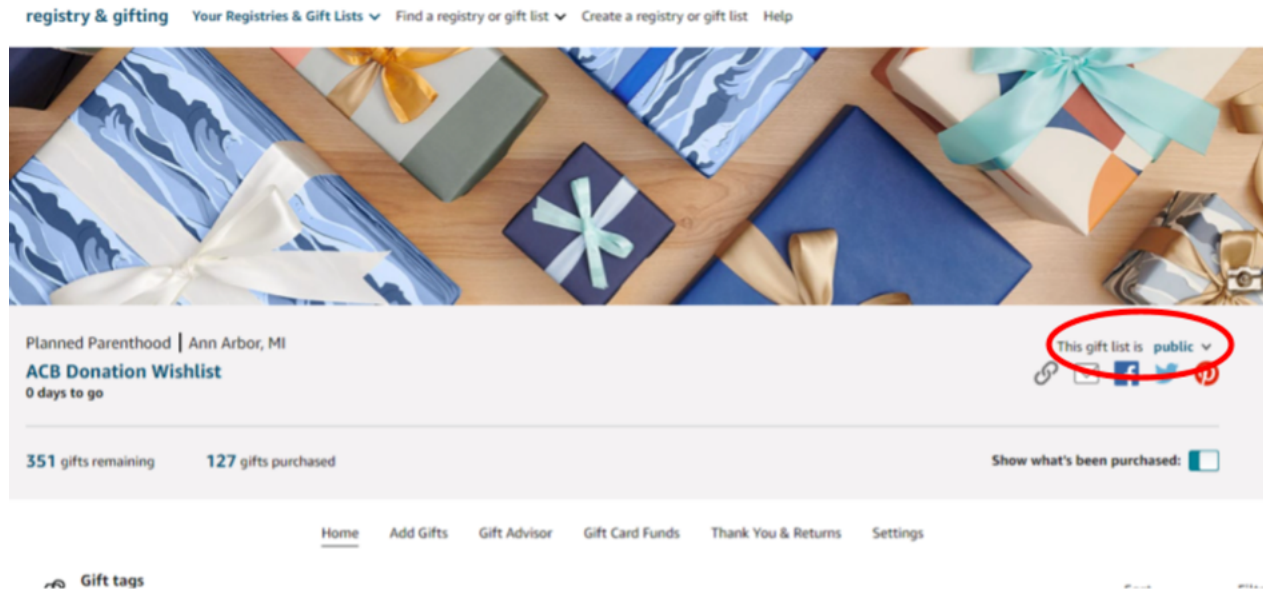
10. You will then put the quantity of each item that you will need to assemble your abortion care bags. Below is a breakdown of how many of each item you will need to make 100 abortion care bags. If you are making more or less than this, please adjust the numbers accordingly.

Item	# per bag	# of Packs Needed
Bags (100 pack) <i>You may choose a variety of colored bags</i>	1	1
Menstrual Pads (48 pack)	4-6	9-13
Heating Pads (30 pack)	2	7
Underpads (100 pack)	3	3
Lotion (50 pack)	1	6
Hair Ties (260 pack)	3-4	2-3
Scrunchies (50 pack)	1	2
Face Masks (36 pack)	1	3
Fuzzy Socks (60 pack)	1	17
Stress Balls (40 pack)	1	3
Note Pads (24 pack)	1	4
Coloring Books (30 pack)	1	4
Pencils (100 pack)	1	1
Crayons (20 pack)	1	5
Tea (48 pack)	2-4	4-8
Lip Balm (5 pack)	1	20
Tea Candles (60 pack)	1	2

11. You can set the quantity you need on your Amazon Wishlist by clicking "edit item" and then setting the number you need in the "Qty" box.



12. Once your Amazon Wishlist is created, please email it to ppam@ppmi.org for final approval.
13. Once your wishlist is approved, you will need to make it public, which you can do in the upper right corner of the wishlist screen.



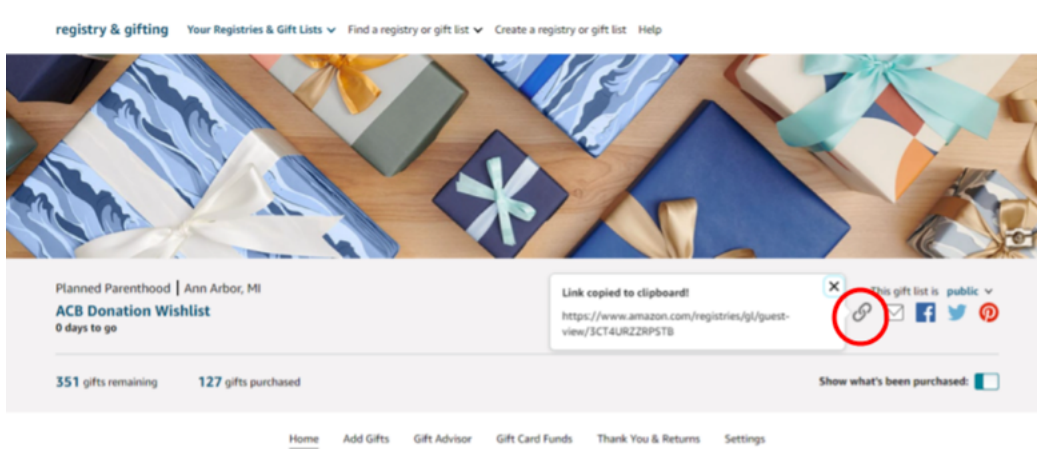
Gathering Donations

Now that your Amazon Wishlist is created and public, it's time to promote it so you can gather donations for your abortion care bags. Share the link on your personal social media, via email and text message, or on any online forums you are a part of and tag Planned Parenthood Advocates of Michigan.

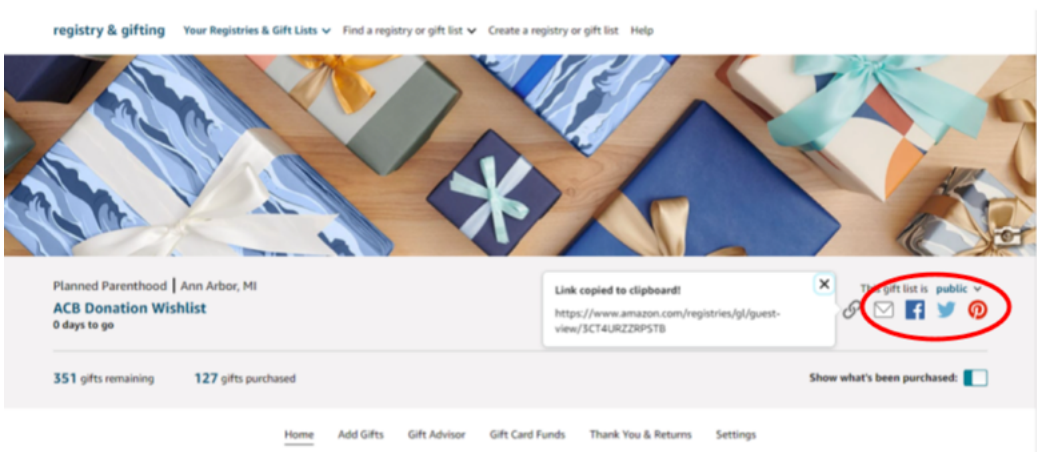
PPAM Social Media Handles

- Instagram: @mippadvocates
- Tik Tok: @mippadvocates
- Twitter: @mippadvocates
- Facebook: Planned Parenthood Advocates of Michigan

To copy and paste the link for your Amazon wishlist, use the link icon underneath where you made the list public.



You can use the envelope icon to share the wishlist via email, the Facebook icon to share to your Facebook, the Twitter icon to share on your Twitter, and the Pinterest icon to share on your Pinterest. You will need to log in to each respective account to share directly from the Amazon website.



Recruiting Volunteers

To recruit helpers for your abortion care bag party, you will use relational organizing! This is a relatively new buzz word that just means using your personal relationships to network and get support. Ask your friends, family, coworkers, and anyone else you know to come help you out. People are more likely to respond to a personal ask from you such as via phone call, text, email, etc.

You can also recruit people via social media posts and stories (and promote donations at the same time). Below is an example of a post you can make to promote your event.

EXAMPLE

Hi friends,

I have a really fun opportunity for you all! As a supporter of Planned Parenthood Advocates of Michigan, I am hosting my own abortion care bag assembly party on [DATE/TIME]. Abortion care bags are care packages that health centers give to patients after they've had an abortion that include items like menstrual pads, heating pads, stress balls, and more! If you would like to join me in assembling these packages, please reach out to me for more details. If you cannot attend but still want to support the event, you can donate supplies for the care packages using this Amazon Wishlist! [LINK TO AMAZON WISHLIST].

You can decide how many people you need to help you assemble abortion care bags. Assembly goes fairly quickly regardless of how many people you have attend, it just might change how you set up.

Setting Up

Is it time to set up for your assembly party? Here is a step by step guide of how to most efficiently set up your space for abortion care bag assembly.

1. Whether you are assembling bags on the floor or on a table, you will need a decent amount of space to set up the different stations of materials.
2. Open all of your Amazon donations and sort them by item. Place each item in a pile in the space in a row.
 - It helps to place the essential items (menstrual pads, heating pads, underpads) at the front and put them in the bags first as they are typically the largest item and most important to make sure every bag gets.
 - Make sure the bags are the first item on the assembly line.



3. The bags should be stapled shut once they are assembled, so the last station on the assembly line should be at least one [stapler](#) (it helps to have more than one if possible). If you do not have a stapler, you can use a small piece of [tape](#) to keep the bag closed.
4. Clear out adequate space to place the bags when they are assembled. They can take up a decent amount of space, so an open space on the floor typically works best.
5. It can be helpful to separate the bags into large boxes (like the ones your donations came in) if several people are going to distribute or if you are taking to more than one health center.



Assembly

Once all of your volunteers and attendees are present, it is time for the main event: assembly. Here is a guide of how this will look and some tips/tricks to make assembly go smoothly. Take lots of pictures!

1. Before you start assembling, if possible, we would love to have you join a quick Zoom call with a PPAM organizer to welcome everyone, explain [abortion stigma](#) and the abortion care bag program in more detail, and answer any questions anyone may have. You will receive the Zoom link prior to the start of your event from an @ppmi.org email address.
2. Once you have signed off the Zoom call, you will begin the assembly. If there are enough people in attendance, you will have each person take a station (an item), and pass the bag to the next person down the line. The last person will be responsible for stapling/taping the bags shut and placing them in the designated area you set to place the finished bags.
3. The contents of the bags may vary depending on the donations you receive.
 - If you have a variety of self care items on your donation list and receive all of them but not enough for each bag to have one of each, start out with one item and replenish with another when you run out.
 - Each bag must have:
 - At least 4 menstrual pads
 - At least 2 underpads
 - At least 1 heating pad (2 preferred)
 - The self care items included in each bag will vary depending on donations, but each bag should have at least 2 (3 preferred) different items beyond the essentials. If you are only putting 2, make sure they are the larger items (coloring books, face masks, etc.) rather than the smaller items (lotion, hair ties, etc.). Use your discretion on how to ration the supplies you receive to optimize the amount of bags you can make. For example:
 - A face mask and a stress ball
 - Notepad/pencil, fuzzy socks, and a lotion. Note: Items that go together (notepad/pencil, coloring book/crayons) should be counted as one item.
4. In summary, an assembled bag will look something like this
 - 4 menstrual pads
 - 2 heating pads
 - 1 face mask
 - 2 underpads
 - 2 hair ties
 - 1 stress ball
5. A fun (but totally optional) way to put your own personal touch on the abortion care bags is to have everyone decorate them.
 - People typically draw hearts, smiley faces, or small affirmations like “you are amazing!”
 - Note: please use permanent markers so that the ink doesn’t run and to ensure it is prominent and visible.

Distribution

Now that your abortion care bags are made, it is time to get them to a Planned Parenthood health center(s). Send an email to the PPAM staff member you met with on your Zoom call and let them know which center(s) you are delivering the bags to, when you will be delivering, and how many you are delivering. They will then notify the health center manager, who will be expecting you when you arrive.

Let the front desk know that you are there to deliver abortion care bags, and they will direct you where you can put them.

Below is a breakdown of each health center, including a link to their location and hours and the amount of abortion care bags they can have at one time. This number is not a hard limit, if you have more than the suggested amount, tell the PPAM staff member in your email, and they will check with the health center manager about their capacity.

Note: If there are protesters present when you deliver at the health center, please do not engage with or stop for them.

Power Family Health Center (Ann Arbor)

[3100 Professional Dr. Ann Arbor, MI 48104](#)

Can accommodate ~50 abortion care bags at once but go through them the quickest.

Ann Arbor West

[2370 W. Stadium Blvd. Ann Arbor, MI 48103](#)

Can accommodate ~75 abortion care boxes at once and typically run out within four weeks.

Detroit

[4229 Cass Ave. Detroit, MI 48201](#)

Can accommodate ~100 abortion care boxes at once and typically run out within six weeks.

Ferndale

[23338 Woodward Ave. Ferndale, MI 48220](#)

Can accommodate ~50 abortion care bags at once and typically run out within four weeks.

Flint

[G-3371 Beecher Rd. Flint, MI 48532](#)

Can accommodate ~75 abortion care boxes at once and typically run out within four weeks.

Irwin/Martin (Grand Rapids)

[425 Cherry St. SE Grand Rapids, MI 49503](#)

Can accommodate as many abortion care boxes that you can make.

Jackson

[2009 W. Michigan Ave. Jackson, MI 49202](#)

Can accommodate ~75 abortion care boxes at once and typically run out within six weeks.

Kalamazoo

[4201 W. Michigan Ave. Kalamazoo, MI 49006](#)

Can accommodate ~75 abortion care boxes at once and typically run out within four weeks.

Lansing

[300 N. Clippert, Suite 6 Lansing, MI 48912](#)

Can accommodate ~50 abortion care bags at once and typically run out within four weeks.

Livonia

[15707 Farmington Rd. Livonia, MI 48154](#)

Can accommodate ~50 abortion care bags at once and typically run out within four weeks.

Marquette

[1219 N. Third St. Marquette, MI 49855](#)

Can accommodate ~75 abortion care boxes at once and typically run out within four weeks.

Petoskey

[1003 Spring St. Petoskey, MI 49770](#)

Can accommodate ~75 abortion care boxes at once and typically run out within four weeks.

Walker (Traverse City)

[1135 E. Eighth St. Traverse City, MI 49686](#)

Can accommodate ~75 abortion care boxes at once and typically run out within four weeks.

Warren

[29350 Van Dyke Ave. Warren, MI 48093](#)

Can accommodate ~50 abortion care bags at once and typically run out within four weeks.

Thank you!

Thank you SO much for supporting our patients and hosting an abortion care bag event! PPAM would love to hear all about it! If you have pictures, stories, or anything you'd like to share about the experience, please let us know. You can email the organizer you have been in contact with throughout the event.

You can find more events and opportunities to get involved by visiting our [events page!](#)