

CARA, the COALITION AGAINST RAPE and ABUSE, is committed to empowering victims of Domestic Violence and Sexual Assault through free and confidential counseling, support and advocacy. CARA offers shelter for victims and their children where they can feel safe, in a comfortable home-like setting.

The Soroptimist International of Cape May County has partnered with CARA for over 15 years and have been a major focus of our efforts to improve the lives of women in our community.



THE NORTH ATLANTIC REGION: would like to offer support to this worthy organization. Please bring some of the listed items below to our Spring Conference, there will be a designated drop off area.

PERSONAL CARE ITEMS: Baby wipes, toilet tissue, deodorants, laundry detergent, diapers and pullups (unscented and in various sizes).

WOMEN'S CLOTHING: Tee shirts, underwear, Danskin tights, pajama bottoms and sports bras (medium to 3XL sizes)

CHILDREN CLOTHING: Girls and boy's underwear and pajamas (various sizes)

WALMART GIFT CARDS: Gift cards are used to make purchases for the children's education room and playground, for items such as Leapfrog computers and software, tricycles, regulation size basketball hoops, etc.