The Retreat's Adopt a Family Holiday Giving Program is Open!

EAST HAMPTON, NY (November 12, 2026) – The Retreat's Adopt a Family program is open and ready for donations for the 2026 holiday season. This beloved community program collects holiday gifts and gift cards for families in need. Participants can drop off unwrapped gifts, gift cards and gift wrapping supplies by December 4, 2026.

The Retreat established Adopt a Family over 20 years ago when its employees in advocacy recognized a need in their clients. They collected and distributed one gift each for their clients' children, serving about 20 families in total. Now, this holiday giving program provides for 200 families, more than 450 individuals, all of whom are current Retreat clients.

"Our Adopt a Family program helps clients who simply don't have the resources to celebrate the holidays. Gift cards are a big part of that, because they empower survivors to choose toys, games and clothing for their families. For many, it's the first time they have the financial independence to make these decisions," said Cate Carbonaro, Executive Director of The Retreat. "It's also a wonderful opportunity for parents to teach their children the importance of generosity and giving back, while coming together as a community to support families in need."

Donations and support are needed in the following areas:

- **Adopt a Family**: Select a family and shop specifically for them
- **Gift Cards**: Visa, MasterCard, Amex, Target, Walmart, Amazon, TJ Maxx, Grocery Stores, and Gas Stations. Suggested amount is $100.
- **Essentials and Gifts**: New socks, slippers, pajamas, black leggings, sweatpants, sweatshirts, fleece hoodies, underwear, sports bras, bath robes (all sizes)
- **Winter Gear**: New snow boots, hats, scarves, gloves, mittens, thermal socks and kids' snow suits in all sizes. Also: throw blankets, hot travel mugs or thermoses.
- **Toiletries and Spa**: New full size shampoo & conditioner, hair ties, deodorant, period products, lotion, soap, face wash, face masks, nail polish, makeup
- **Gifts**: New board games, dolls, arts & crafts, activity kits, puzzles, coloring books, building blocks, STEM kits, mechanical building sets, outdoor play gear. ***Wrapping paper, tape & gift tags are also greatly appreciated!***

Gifts, gift cards and gift wrapping supplies can be dropped off by December 9, 2026 at one of the following Retreat office locations:

- 13 Goodfriend Drive, East Hampton, NY, 11937
- 490 Wheeler Road, Suite 252, Hauppauge, NY 11788

We are grateful to our business sponsor, Allstate, for helping support Adopt a Family. When donors support this program, they are making a family's holiday brighter.

To learn more and donate, visit allagainstabuse.org/events.

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About the Retreat: The Retreat is a safe haven for families in crisis across Suffolk County. The community-based, not-for-profit agency provides comprehensive domestic violence services for children and adults, support for survivors, and violence prevention community education. If you or someone you know needs help, call The Retreat's 24-hour hotline at (631)329-2200. For more information visit allagainstabuse.org or follow @allagainstabuse.