



Family Works

The Heartland Family Service **Family Works** program is a long-term (6-9 months) residential substance abuse and mental health recovery initiative for women with children in southwest Iowa and east central Nebraska. The program helps to preserve and strengthen the mother-child bond while providing housing, treatment, therapy, and support for the women and their dependent children.



WISH LIST

Baby Essentials

- Activity mats
- Baby blankets
- Baby monitors
- Baby nail clippers
- Baby shampoo/lotion
- Baby thermometer
- Bottles, bibs, pacifiers
- Bouncy seats/swings
- Car seats
- Diapers/baby wipes
- High chairs/booster seats
- Infant clothing
- Infant toys
- Infant tubs & wash cloths
- Pack 'n' play cribs

Kid Stuff

- Art/craft supplies
- Barbie dolls
- Games & puzzles (*for all ages*)
- Lego sets

Health & Happiness

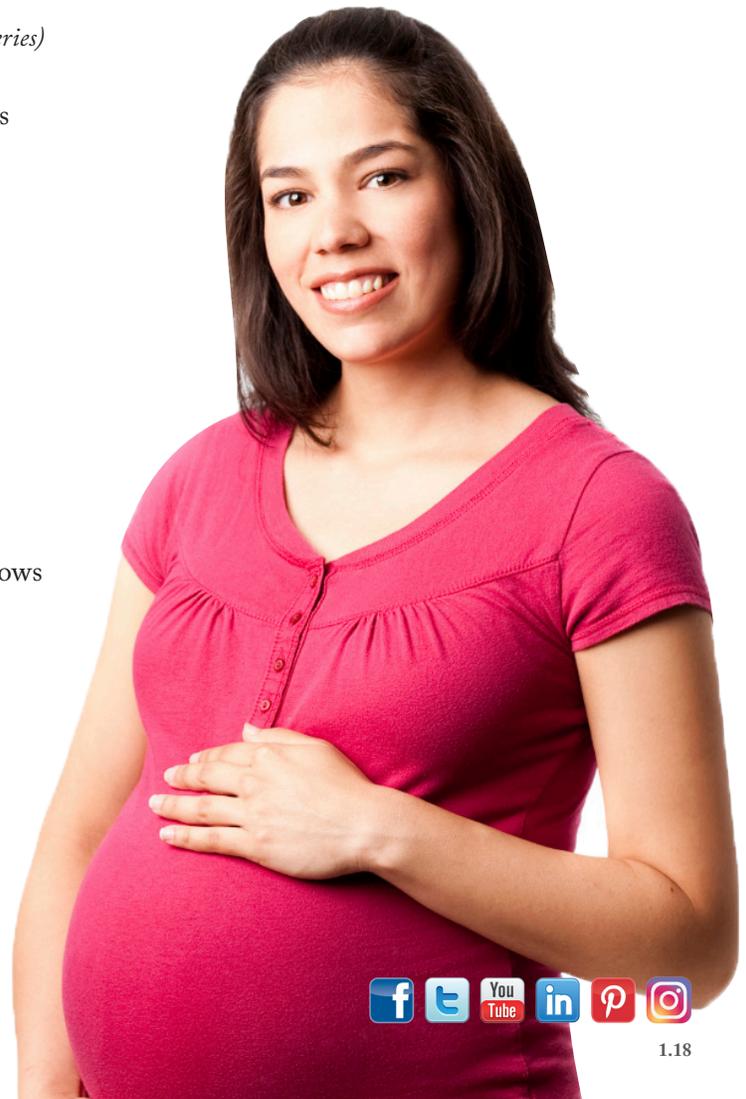
- Bath lotions/soaps
- Feminine hygiene items
- Gift cards (*for clothes or groceries*)
- Headphones
- Tickets to community events (*sporting events, theatres, etc.*)
- Women's tennis shoes
- Women's workout clothing
- Yoga DVDs

Household Goods

- Alarm clocks
- Blankets/comforters
- Coffee maker
- Laundry baskets
- New bakeware/cookware
- New twin sheet sets & pillows
- Plastic drinking cups
- Pots & pans
- Storage tubs
- Tupperware

About Heartland Family Service

Since 1875, Heartland Family Service has responded to the needs of our area's most vulnerable children and families. Each year, the agency's 50 programs serve more than 52,000 individuals from more than 15 locations in east central Nebraska and southwest Iowa. We provide critical human services to the individuals and families who ultimately shape of our community in the following areas: Child & Family, Counseling & Prevention, and Housing & Financial Stability.



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DELIVER DONATIONS TO:

Family Works

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1722 Avenue C, Council Bluffs, IA | (712) 435-5380

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HeartlandFamilyService.org

HEARTLAND
family Service
Good works.