



# 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 bottles with nipples (*New*)
- Baby monitors (*16*)
- Baby nail clippers
- Baby shampoo/lotion
- Baby supplies (*shampoo, lotion, soap, nail clippers, etc.*)
- Baby thermometer
- Booster seats (*4, older child*)
- Bottles, bibs, pacifiers
- Bouncy seats/swings
- Car seats
- **Crib sheets** (*32*)
- Diapers, baby wipes
- High chair, booster seats
- Infant clothing
- Infant & toddler car seats (*8- preferably new due to safety*)
- Infant toys, activity mats, bath toys, bouncy seats, swings, etc. (*10 infants minimum, ongoing need per item*)
- Infant tubs & wash cloths
- Pack 'n' Play cribs (*16*)

### Health & Wellness

- Bedding needs: twin sheet sets, blankets, comforters & pillows (*32 of each*)
- Bath lotions/soaps
- CD players & headphone sets (*16*)
- **Feminine hygiene products**
- Gift cards (*for clothes or groceries*)
- Headphones
- Tickets to community events (*sporting events, theatres, etc.*)
- Women's workout clothing & tennis shoes
- Yoga DVDs

### Household Goods

- Alarm clocks
- Baking pans — both glass & stainless steel/aluminum (*9 sets*)
- Blankets/comforters
- Coffee maker
- Drinking cups WITH LIDS (*32 quarterly need*)
- Laundry baskets (*16*)
- New bakeware, cookware
- New twin sheet sets & pillows

### Kid Stuff

- Art/craft supplies
- Barbie® dolls
- **Craft supplies (crayons, glue, scissors etc. (Always needed!))**
- Games & puzzles (*all ages*)
- LEGO® sets

### Special Requests

- Gift cards for clothes/ necessities/ food (*Walmart or Bakers - minimum need, 4 per month*)
- Outdoor benches for seating areas for serenity garden (*3 or 4*)
- Tickets to community events (*32, theater, sporting events, fairs, etc.*)
- Totes with lids for storing client clothing & moving their items (*always needed*)
- Tupperware® to store food items (*9 sets*)

### About Heartland Family Service

The mission of **Heartland Family Service** is to strengthen individuals and families in our community through education, counseling, and support services.

Our programs provide critical human services in the areas of **Child & Family Well-Being**, **Counseling & Prevention**, and **Housing, Safety, & Financial Stability** to the individuals and families who ultimately shape the future of our community.



12.19

### DELIVER DONATIONS TO:

#### Family Works

4847 Sahler Street, Omaha, NE | PH: (712) 325-5650 OR  
 1722 Avenue C, Council Bluffs, IA | (712) 435-5380  
[info@HeartlandFamilyService.org](mailto:info@HeartlandFamilyService.org)  
[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

HEARTLAND  
**family Service**  
 Good works.