



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 supplies (*shampoo, lotion, soap, nail clippers, etc.*)
- Baby thermometer
- Booster seats for cars (*4 - Older child, New only, due to safety*)
- Bottles, bibs, pacifiers
- Bouncy seats/swings
- Car seats (*New only, due to safety*)
- 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

- Bath lotions/soaps
- CD players & headphone sets (*16*)
- Feminine hygiene products
- Gift cards (*for clothes or groceries*)
- Headphones
- Towels
- Women's workout clothing & tennis shoes
- Yoga DVDs

Household Goods

- Alarm clocks
- Baking pans - both glass & stainless steel/aluminum (*9 sets*)
- Bedding (*New twin sheet sets, and pillow*)
- Blankets/comforters
- Coffee maker
- Cleaning supplies
- Drinking cups WITH LIDS (*32 quarterly need*)
- Laundry baskets (*16*)
- Pots & pans
- New cookware
- Nonperishable food items

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.



4.21

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
HeartlandFamilyService.org

Let's help others overcome
challenges.

So
everyone
can.
HEARTLAND
family service