



Family Works

The **Heartland Family Service Family Works** program is a long-term (6-9 months) residential substance use 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.

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 per item minimum, ongoing need*)
- Infant tubs & wash cloths
- Pack 'n' Play® cribs (*16*)

Health & Wellness

- Bath lotions/soaps
- CD players & headphone sets (*16*)
- Feminine hygiene products
- Gift cards (*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 pillows*)
- Blankets/comforters
- Cleaning supplies
- Coffee maker
- Cookware
- Drinking cups with lids (*32 needed quarterly*)
- Laundry baskets (*16*)
- Pots & pans
- 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.

DELIVER DONATIONS TO:

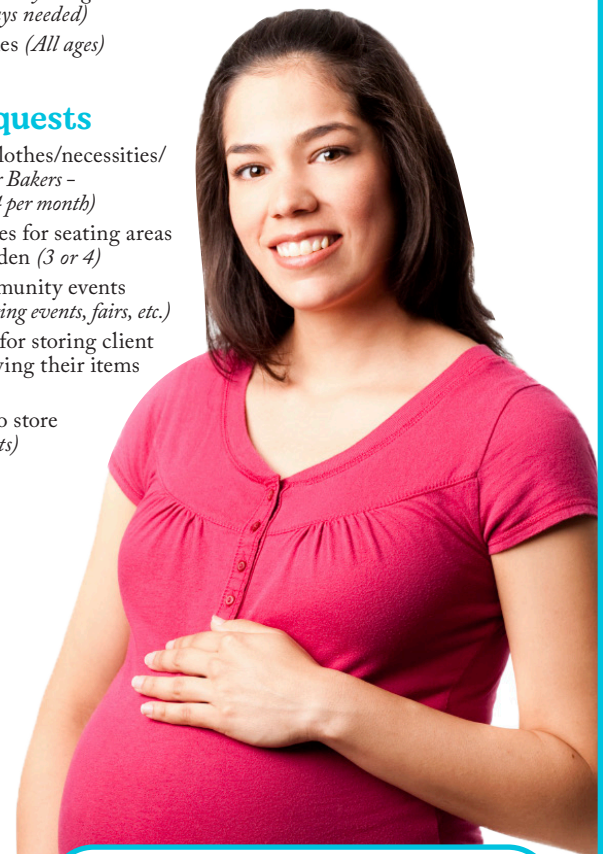
Family Works

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HeartlandFamilyService.org



Help us to support those in our community who are in need.

So everyone can. HEARTLAND family service