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