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.

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.

### Baby Essentials
- Activity mats
- Baby blankets
- Baby bottles with nibbles (New)
- Baby monitors (16)
- Baby nail clippers
- Baby shampoo/lotions
- 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)
- 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

Deliver Donations to:

**Family Works**
4847 Sahler Street, Omaha, NE | PH: (712) 325-5650 OR
1722 Avenue C, Council Bluffs, IA | (712) 435-5380
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