



Project HEART

Health Enrichment And Resource Training
A division of Willows Way, Inc.

February 2019

This program is fully funded by the DDRB

Classes are offered to people 16 years or older with developmental disabilities, their family and support staff in St. Charles County! **ALL CLASSES ARE FREE!**
REGISTRATION AND INITIAL INTAKE INTERVIEW ARE REQUIRED! Contact Beth Hayes 636-757-0515x1104 or bethh@willowsway.org
 Project HEART information can be found at <https://www.willowsway.org/programs/project-heart>
 If you need support in a classroom setting please bring along a support staff person.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Social Skills: How to Plan a Valentine's Day Dance 5:30-6:30PM @WW	6 Healthy Relationship Skills Series: What Types of People Are Good For Me? 5:30-6:30PM @WW	7 Financial Skills: How My Decisions Affect my Finances 5:30-6:30PM @WW	8	9
10	11 Exercise Skills: Yoga 5:30-6:30PM @WW	12 Do It Yourself Skills: Make a Valentine Snow Globe 5:30-6:30PM @WW	13 Healthy Relationship Skills Series: How to Meet Someone 5:30-6:30PM @WW	14 Valentine's Day Mental Health: Look Your Best using Make Up 5:30-6:30PM @WW 	15	16
17	18 President's Day Mental Skills: President Kahoot! Game 5:30-6:30PM @WW 	19 Cooking Skills: Peanut Butter and Jelly Oat Bars 5:30-7PM @WW	20 Healthy Relationship Skills Series: How To Build Friendships 5:30-6:30PM @WW	21	22	23
24	25	26 Safety Skills: Emergency Drills At the Mall 5:30-7 PM @Mid Rivers Mall	27 Healthy Relationship Skills Series: Who do I lean on? Who leans on me? 5:30-6:30PM	28		

Project HEART February 2019 Class Description

COOKING SKILLS:

1. Tuesday, 2/19/2019, 5:30-7pm; @WW; Students will make Peanut Butter and Jelly Oat Bars.

DO IT YOURSELF SKILLS:

1. Tuesday, 2/12/2019, 5:30-6:30pm @WW; Students will make a Valentine Snow Globe.



EXERCISE SKILLS:

1. Monday 2/11/2019, 5:30-6:30pm @WW; Students will stretch through yoga.

FINANCIAL SKILLS:

1. Thursday 2/7/2019, 5:30-6:30pm @WW; Students will learn how their decisions affect their finances.

HEALTHY RELATIONSHIP SKILLS SERIES:

1. Wednesday 2/6/2019 5:30-6:30pm @WW; Students will learn about their values and what types of people are compatible for them.
2. Wednesday 2/13/2019 5:30-6:30pm @WW; Students will learn how to meet someone.
3. Wednesday 2/20/2019 5:30-6:30pm @WW; Students will learn how to build friendships.
4. Wednesday 2/27/2019 5:30-6:30pm @WW; Students will learn who they can lean on, and who leans on them.

MENTAL SKILLS:

1. Monday 2/18/2019 5:30-6:30pm @WW; Students will learn about the US President's through Kahoot! Games.

MENTAL HEALTH SKILLS:

1. Thursday 2/14/2019 5:30-6:30pm @WW; Students will look their best using Make Up.

SAFETY SKILLS:

1. Tuesday 2/26/2019 5:30-6:30pm @Mid Rivers Mall; Students will learn about emergency drills for the mall. Our class will meet at the mall food court.

SOCIAL SKILLS:

1. Tuesday 2/5/19 5:30-6:30pm @WW; Students will learn how to plan a Valentine's Day Dance.