



Project HEART

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

March 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 Do It Yourself Skills: Shamrock Suncatcher 5:30-6:30pm @WW	6 Healthy Relationship Skills Series: Healthy Versus Unhealthy Relationships 5:30-6:30 pm @WW	7 Employment Skills: Write a Resume 5:30-6:30pm @WW	8	9
10	11	12 Kitchen Skills: Deviled Eggs 5:30-7pm @WW	13 Healthy Relationship Skills Series: Online Dating 5:30-6:30 pm @WW	14 Transportation Skills: Saint Charles Trolley 5:30-7 pm @ Bass Pro Shop	15	16
17	18 Wellness Skills: Aromatherapy 5:30-6:30pm @WW	19 Earth Day Activities 5:30-6:30pm @WW	20 Healthy Relationship Skills Series: Romance 5:30-6:30pm @WW	21	22	23
24	25	26	27 Healthy Relationship Skills Series: Healthy Conflict & Break Ups 5:30-6:30pm	28	29 Community Knowledge Skills: Lewis and Clark Boat House: 3-4pm @WW	30
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Project HEART March 2019 Class Description

COMMUNITY KNOWLEDGE SKILLS:

1. Friday, 3/29/2019, 5:30-6:30pm; @Lewis and Clark Boat House 1050 S Riverside Dr., Saint Charles, MO 63301-3481; Students will learn about the expedition of Lewis and Clark. Everyone must bring \$5.

DO IT YOURSELF SKILLS:

1. Tuesday, 3/5/2019, 5:30-6:30pm; @WW; Students will make shamrock suncatchers.



EARTH DAY SKILLS:

1. Tuesday, 3/19/2019, 5:30-6:30pm; @WW; Students will learn about earth day activities and how to help the planet.

EMPLOYMENT SKILLS:

1. Thursday, 3/7/2019, 5:30-6:30pm; @WW; Students will make a resume.

HEALTHY RELATIONSHIP SKILLS SERIES:

1. Wednesday 3/6/2019, 5:30-6:30pm @WW; Students will learn about healthy and unhealthy relationships.
2. Wednesday 3/13/2019, 5:30-6:30pm @WW; Students will learn about online dating.
3. Wednesday 3/20/2019, 5:30-6:30pm @WW; Students will learn about romance.
4. Wednesday 3/27/2019, 5:30-6:30pm @WW; Students will learn about conflict and healthy break ups.

KITCHEN SKILLS:

1. Tuesday, 2/12/2019, 5:30-7pm; @WW; Students will make deviled eggs.

TRANSPORTATION SKILLS:

1. Thursday, 3/14/2019, 5:30-7pm; @WW; Students will take the Saint Charles trolley to learn about the history of Saint Charles. Students will meet at the stop by the Bass Pro Shop 1365 S 5th St, St Charles, MO 63301. Bring \$2 to leave in the tip jar of the bus driver.

WELLNESS SKILLS:

1. Monday 3/18/2019 5:30-6:30pm @WW; Students will learn about aromatherapy and how scents affect our moods.