



Project HEART

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

June 2018

This program is fully funded by 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 IS REQUIRED! Contact Beth Hayes 636-757-0515x1104 or bethh@willowsway.org
 ALL Project HEART information can be found at <https://www.willowsway.org/programs/project-heart>
 COME ALONE & MAKE A FRIEND or if you receive support all day and night, bring along a support staff.
BRING A COMPLETED HEART PACKET WITH YOU TO YOUR FIRST CLASS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Cooking: Antipasto Salad 5:30-7PM @Calvary Church	5 Fine Motor Skill Development: Make a Dreamcatcher 5:30-7PM @WW	6 Social Skills: How to meet a new person at the Willows Way Carnival 4:30-5:30PM @WW	7 Financial Skills: Make a Budget 5:30-6:30PM @WW	8	9
10	11 Communication: Sign Language 1 5:30-6:30PM @WW	12 Social Skills: Express Emotions Through Theater Games 5:30-6:30PM	13 Fine Motor Skills: Make a Compost Bin 5:30-7PM @WW	14 Mental Health: Safe Space Imagery 5:30-6:30PM @WW	15	16 Physical Fitness: Take a hike 9-10AM Shady Springs Park
17	18 Home Skills: Composting 5:30-6:30PM @ WW	19 Cooking: Antipasto Salad 5:30-7PM @ Friedens Church	20 Communication: Sign Language 2 5:30-6:30PM @WW	21 Mental Health Skills: How to Cope with Disappointment 5:30-6:30PM @WW	22	23
24	25 Communication: Sign Language 3 5:30-6:30PM @WW	26 Mental Health Skills: Learn Mindfulness 5:30-6:30PM @WW	27 Safety: Car Maintenance 5:30-6:30PM @WW	28 Health Skills: Make Homemade Salve 5:30-6:30PM	29 Physical Fitness: Human Fooseball 3-4PM @WW	30

Project HEART June 2018 Class Description

COMMUNICATION SKILLS SERIES:

1. June 11, Monday, 5:30-6:30PM, @WW. Students will learn sign language used in conversations (Sign Language Part 1).
2. June 20, Thursday, 5:30-6:30PM, @WW. Students will review previously learned sign language and learn new words (Sign Language, Part 2).
3. June 25, Monday, 5:30-6:30PM, @WW. Students will review previously learned sign language and learn new words (Sign Language, Part 3).

COOKING SKILLS:

1. June 4, Monday, 5:30-7:00PM, Calvary Church 3998 Mid Rivers Mall Dr., St Peters, MO 63376. Students will make antipasto salad.
2. June 19, Thursday, 5:30-7PM, Friedens Church 1703 S Old Hwy 94, St., Charles, MO 63303. Students will make antipasto salad.

FINANCIAL SKILLS:

1. June 7, Thursday, 5:30-6:30PM, @WW. Students will learn how to make a budget.

FINE MOTOR SKILLS:

1. June 5, Tuesday, 5:30-7PM, @WW. Students will make dreamcatchers.
2. June 13, Wednesday, 5:30-7PM, @WW. Students will make compost bins.

HEALTH SKILLS:

1. June 28, Thursday, 5:30-6:30PM, @WW. Students will make a homemade salve.

HOME SKILLS:

1. June 18, Monday, 5:30-6:30PM, @WW. Students will learn how to make compost.

MENTAL HEALTH SKILLS:

1. June 14, Thursday, 5:30-6:30PM, @WW. Students will learn how to use safe space imagery for self-help.
2. June 21, Thursday, 5:30-6:30PM, @WW. Students will learn how to cope with disappointment.
3. June 26, Tuesday, 5:30-6:30PM, @WW. Students will learn mindfulness techniques.

PHYSICAL FITNESS SKILLS:

1. June 16, Saturday, 9-10AM, @Shady Springs Park, 3888 Shady Springs Ln, St Peters, MO 63376 . Students will hike in the woods. You may want to wear pants and long sleeves to avoid bad encounters with ticks and poison ivy.
2. June 29, Friday, 3-4PM, @WW. Students will play human foosball.

SAFETY SKILLS:

1. June 27, Wednesday, 5:30-6:30PM, @WW. Students will learn how to maintain a car.

SOCIAL SKILLS:

1. June 6, Wednesday, 4:30-5:30PM, @WW. Students will learn how to meet a new person at the Willows Way carnival.
2. June 12, Tuesday, 5:30-6:30PM, @ WW. Students will learn how to express emotions through theater games.