



# Project HEART

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

December 2018

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 Molly Smith 636-757-0515x1104 or [mollys@willowsway.org](mailto:mollys@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
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2 Hannakah	3	4 Exercise Skills: Play Washers 5:30-6:30PM @WW	5 Cooking Skills: S'mores Mug Cakes 5:30-6:30PM @WW	6 Financial Skills: How to Budget for the Holidays 5:30-6:30PM @WW	7	8
9	10	11 Social Skills: Making Conversation 5:30-6:30PM @WW	12 Communication Skills: Sign Language 5:30-6:30PM @WW	13 Leisure Skills: Make a Holiday Wreath 5:30-7:00PM @WW	14	15
16	17	18 Mental Health Skill: New Year's Resolutions 5:30-6:30PM @WW	19 Do it Yourself Skills: How to Gift Wrap 5:30-7:00PM @WW	20 Safety Skills: Holiday Pet Safety 5:30-6:30PM @WW	21	22
23	24 Christmas Eve	25 Christmas Day Willows Way is CLOSED 	26	27	28	29
30	31 New Year's Eve					

## Project HEART December 2018 Class Description

### EXERCISE SKILLS:

-Tuesday 12/4/18 5:30-6:30pm@WW Students will learn how to play washers and bean bag tossing

### COOKING SKILLS:

-Wednesday 12/5/18 5:30-6:30pm @WW Students will be making S'mores Mug Cake, **Students need to bring their own coffee mugs.**

### FINANCIAL SKILLS:

-Thursday 12/6/18 5:30-6:30pm @WW Students will learn how to budget their money for the holidays and how to find the cheapest prices for their gift giving needs.

### SOCIAL SKILLS:

-Monday 12/11/18 5:30-6:30pm @WW Students will work with peers to help them feel comfortable having conversations with family during the holidays.

### COMMUNICATION SKILLS:

-Wednesday 12/12/18, 5:30-6:30pm @WW Students will learn sign language through holiday songs.

### LEISURE SKILLS:

-Thursday 12/13/18 5:30-7:00pm @WW Students will learn how to make a Ruffle Wreath for the holidays. **(pictured)**

### MENTAL HEALTH SKILLS:

-Monday 12/18/18 5:30-6:30pm@WW Students will learn how to make and keep a New Year's resolution.

### DO IT YOURSELF SKILLS:

-Wednesday 12/19/18 5:30-7:00pm @WW Students will learn how to gift wrap like the professionals and learn alternatives to wrapping paper.

### SAFETY SKILLS:

-Thursday 12/20/18 5:30-6:30pm@WW Students will learn how to keep their pets safe during the holidays around food and decorations.

