



Project HEART

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

February 2012

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 Sara Willis, Coordinator at 636.757.0541 or saraw@willowsway.org

ALL Project HEART information can be found at www.willowsway.org; click on What We Do then 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. DRIVING Permit Study Group pt 1 of 7 6-7:30p @ WW	2. COOKING Dinner Date 5-6:30p @ St. John United	3.	4.
5.	6. SENSE CLASS CLOSED 2-3p @ CLI-KWC	7. COOKING Dinner Date 5-6:30p (for those who receive 24:7 support) @ Emmaus Act Cntr	8.	9.	10.	11. HEALTHY RELATIONSHIPS Part 3 of 6 1-2:30p @ St. Louis Life
12.	13. GROUP SKILLS Party Planning Group pt 1 of 3 6-7:15p @ WW	14.	15. DRIVING Permit Study Group pt 2 of 7 (optional review 5:15-6) 6-7:30p @ WW	16. COOKING CLASS CLOSED 10-11a @ CLI-KWC	17.	18.
19.	20.  President's Day	21. COOKING CLASS CLOSED 10-11a @ CLI-KWC COOKING Dinner Date 5-6:30p @ St. Peters Wesleyan	22.	23. PERSONAL DEVELOPMENT Communication 101 6-7:15p @ WW	24.	25. HEALTHY RELATIONSHIPS Part 4 of 6 1-2:30p @ St. Louis Life
26.	27. GROUP SKILLS Party Planning Group pt 2 of 3 6-7:15p @ WW	28. SENSE CLASS CLOSED 1-2p @ CLI-JMC	29. DRIVING Permit Study Group pt 3 of 7 (optional review 5:15-6) 6-7:30p @ WW			

Project HEART February 2012

CLASS DESCRIPTIONS & DIRECTIONS

DRIVING: Permit Study Group pts. 1, 2, & 3 of 7

Part 1 of this class will begin with chapter 1. Each class after will begin where the last class ended with opportunities to ask questions on previous material. We will also discuss important study habits and tricks to remember information. Our goal is to meet your needs by providing study information and opportunities to improve driving knowledge. Between classes 6 and 7, you are encouraged to take the permit test.

DATE: WEDNESDAY 02/01, WEDNESDAY 02/15, WEDNESDAY 02/29

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. St. Charles, MO

*Take 70 to Zumbahl Road Exit

*Turn SOUTH onto Zumbahl Road, as if you were going to Wal-Mart

*Continue through several lights, passing the St. Charles Police Station on your RIGHT

*Stay in the Left lane

*Continue straight across 94, Zumbahl changes names to Friedens Rd.

COOKING: Dinner Date

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring and health information specific to the meal. Teaching techniques targeted for those who require 10 hours or less of support a week

DATE: THURSDAY 02/02

LOCATION & DIRECTIONS: St. John United Church of Christ, 405 S. Fifth St., St. Charles, MO

* Take 70 East to 5th St.

* Make a LEFT onto 5th St.

* Go approximately 1 mile.

* The church will be on your left. *Enter through doors with a burgundy awning.

COOKING: Dinner Date

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring and health information specific to the meal. Teaching techniques targeted for those who require 24:7 support.

DATE: TUESDAY 02/07

LOCATION & DIRECTIONS: Emmaus Activity Center, 2200 Randolph, St. Charles
From I-70

*Take Hwy. 70 to the First Capitol Drive/Hwy. 94 Exit

*Turn NORTH onto First Capitol Drive/Hwy. 94, heading toward Lindenwood University

*Continue through several lights, passing I-70, West Clay Street

*Continue straight on First Capitol Drive/Hwy. 94, passing Lindenwood University on your L

*Don't turn at this point, continue straight through the light. The street name will change to North Kingshighway Street

HEALTHY RELATIONSHIPS- Parts 3 and 4 of 6

This six class series will go over basic information regarding how to have a healthy relationship. This will range from friendships to dating to sexuality and intimacy. With this knowledge, Project HEART hopes that you will have the skills to make good decisions be able to advocate for yourself and keep yourself safe. It is encourage that participants attend all 6 classes.

DATE: SATURDAY 02/11 AND SATURDAY 02/25

LOCATION & DIRECTIONS: St. Louis Life, 929 Rolling Thunder Dr. O'Fallon, MO

* Take 1-70 West past St. Charles to O'Fallon to the Bryan Road Exit.

*Turn left on Bryan Road and go approximately 3.5 miles.

* Turn left on Phoenix Parkway (stoplight).

* Go about 1 mile until you reach a roundabout intersection.

GROUP SKILLS- Party Planning Group pts 1 & 2 of 3

Be a part of this fun and exciting group. For three sessions, you and your fellow participants will plan an entire party that will actually happen. You will decide the theme, what to eat, decorations, date and time. Learn what it takes to plan a party from start to finish in a group setting. **This group is limited to eight people.**

DATE: MONDAY 02/13 & MONDAY 02/27

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. St. Charles, MO
Same as Driving 02/01

COOKING: Dinner Date

Same as above

DATE: TUESDAY 02/21

LOCATION & DIRECTIONS: St. Peters Wesleyan Church, 250 Salt Lick Rd. St. Charles, MO

From St. Charles

*Take Highway 70

*Exit on Highway 79/Salt Lick Rd

* Make a LEFT onto Highway 79/Salt Lick Rd

PERSONAL DEVELOPMENT- Communication 101

We all know some people who like to talk a lot and others who don't talk very much. Find out your communication style and learn helpful tricks to learn how to communicate appropriately with another person. This will include verbal and nonverbal communication.

DATE: THURSDAY 02/23

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. St. Charles, MO
Same as Driving 02/01

TIME: Optional Review: 5:15-6p; Class: 6-7:30p

*There will be a stop light here--Fazoli's will be on the LEFT side of the street and a Mobil station will be on the RIGHT.

*Just down hill, Willows Way is the building on your LEFT after Country Club Place, with 3 yellow flags.

*Turn LEFT into the parking lot

TIME: 5-6:30p

TIME: 5-6:30p

*You will continue through another stop light (at a Quik Trip) and a stop sign. At the 2nd STOP SIGN, make a L onto Randolph Street.

*Pass Blanchette Park on your R. There will also be a beautiful landscaping business on your L that looks like a park

You will see the sign for Emmaus Homes, Inc. on your R, turn here.

*Continue down the drive slowly, clients and staff will be walking.

*Make a L at the stop sign

*STEPS is the third building on your R and is marked by a Activities Center sign

TIME: 1-2:30p

* Turn right into the roundabout and exit at the third street (Red Hawk Parkway).

* Make an immediate right onto Rolling Thunder Drive.

* St. Louis Life is up one block on the left.

TIME: 6-7:15p

TIME: 5-6:30p

* Go about $\frac{1}{2}$ mile and the church will be on your LEFT.

* The church is next to a fire station and across from Walgreens.

TIME: 6-7:15p