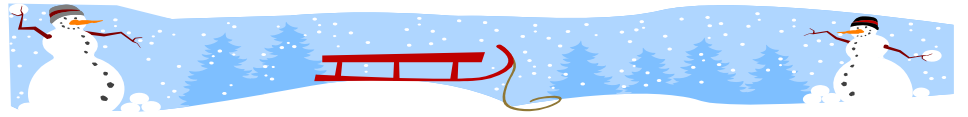




HeartWorks Newsletter

January 2009



Our community ***must*** be the
Shelter of each other.

“Making Christmas Bright” OPEN HOUSE

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On Saturday December 20, over 200 adults and children enjoyed a festive celebration at the HeartWorks “Making Christmas Bright” holiday open house. Guests were treated to beautiful holiday music from the Tuba Fours and the Pamlico Community Band as well as to a special visit from Santa Claus



Guests enjoy holiday music from the Pamlico Community Band.



Children wait for a visit with Santa and a special gift.

organizations and businesses supported this event through donations of time and goods and a complete listing of these can be found on page 3. Look for more upcoming HeartWorks events! For ways your can help HeartWorks now, please see the volunteer opportunities listed on page 3.

himself. Adults and children alike enjoyed games, face painting, a cake walk and many other activities. The open house also gave many in the community an opportunity to tour the HeartWorks facility and learn more about the many programs offered by HeartWorks. Many area

Families enjoy the beautiful weather on the playground.



Dr. Sue Lee paints faces at the HeartWorks open house.

Family Advocacy

FAMILY RESOURCE CENTER

Family Advocacy Services

offer programs to promote the well-being of families.

Examples of this program include our

Family Fun Events

and our

Family Resource Center

Need information about Parent Skills – stop in and check out the resources in our **Family Resource Center**. If your family, church or community group would like materials, we can prepare a basket of resources for you.



Our resources include: Books such as **The Discipline Solution** by Lawrence Shapiro, Ph.D.; **Talk with Teens about Self and Stress: 50 Guided Discussions for School and Counseling Groups** by Jean Sunde Peterson; Games – **The Anger Solution Game, Think on Your Feet, Never Say Never, The Talking, Feeling & Doing Game**. Stop by HeartWorks and pick up reading materials and games.

Life Skills Development

Life Skills Development Services offer programs to develop, enhance, and support healthy lifestyle behaviors in children and youth.

Examples include

StillWaters

professional counseling services

and the FUN & SOS

After-School and Summer Programs.

Kids Cafe

.The aim of this program is to end childhood hunger. This new program makes available a variety of nutritious foods such as single servings of mixed fruit, juice, and crackers to children in our after-school programs. On a monthly basis, we order items from the Food Bank inventory. The requested food items are delivered directly to our doors! We are thankful to the staff of the Food Bank who assisted us in acquiring a **new** refrigerator and freezer.

THANK YOU

Thank you to the following businesses and organizations who contributed to the HeartWorks "Making Christmas Bright" holiday open house. You helped make this event the success that it was!

The Tuba Fours	The Pamlico Community Band
Pamlico Idols	Weight Watchers
Girls on the Run	The Bean
The Barking Dog	Food Lion

The following businesses donated door prizes.

Pamlico Home Builders	Aggie's
Swindell Florist	Bayboro Pharmacy
Forrest Farm Supply	



As we enter this new year and look forward to all of the promises and challenges ahead of us, we would like to take this opportunity to thank the Pamlico County community for your support of Heartworks over the past year. Without you, it would not have been possible for us to do the work that we do.

VOLUNTEER

Your support is always welcome at Heartworks. Heartworks is currently seeking volunteers to help with the following projects:

Office work
Food donation pick-up
Kitchen construction
Mentoring students

Heartworks is also requesting financial donations to help with the following projects:

New gym flooring
Kitchen construction

If you are interested in becoming involved with Heartworks please contact Whitney Wallace at 252-745-9703 or wwallace@heartworksonline.org

THANK YOU!



Weight Watchers

Weight Watchers will
begin meeting at
HeartWorks on
Monday January 5, 2009
at 11:00am in the
FUN room.



Physical Health

Physical Health Services offer programs
that promote positive choices for
fitness, nutrition and health.



**Please Link your Food Lion MVP Card
www.foodlion.com**

A percentage of purchases Comes back to HeartWorks when you shop

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