



LEARN for LIFE Program Description

An education & outreach program for clients of The Helping Center targeting physical and mental health and paths to self-sufficiency.

Client Newsletter

Monthly newsletter informing clients of upcoming community events, THC programs, health & spiritual information.

Birthday Bags

For THC parents seeking help to celebrate their childrens' birthdays. Bags include a cake mix, candles, crown, banner, small toy and more.

Cooking Demos / Small Appliance Give-aways

Monthly cooking demos educate clients about healthy eating. Demos include free samples, recipes, ingredients, & small appliances.

Blessings of Easter Event

In-store event featuring welcome and blessing of THC clients by local pastors & lay leaders. Small giveaways encourage interaction. Examples include Easter cards prepared by children, prayer intention cards, and schedules of upcoming religious services.

Read4Life Book Fair

Children's book fair designed to get books in the hands of local youngsters throughout the summer months. This June event includes a public call for books, inauguration of a Little Free Library book exchange / community reading space, guest appearance by an astronaut, and more.

Healthy Kids! Happy Kids! Program

A summer nutrition program for children of the Boys and Girls Club of Marble Falls. Elementary-aged children attend weekly classes for 4 consecutive weeks. Two sessions are offered: K-3 and 4-6 grade. Instruction includes food groups, balanced diet, food as energy for the body and brain, and a healthy outdoor picnic. The program is fun, engaging and activity-based.

Thanks-Giveaway!

An outreach distributing Thanksgiving food items to families of children enrolled in the Boys and Girls Club of Marble Falls. Serves 60 families each year onsite at the club.

Spirit of Christmas

In-store event featuring welcome and blessing of THC clients by local pastors and lay leaders. Small giveaways encourage interaction. Examples include prayer cards, ornaments, and small religious items.

Healthy4Life Health Fair

Community-wide health fair featuring 20 healthcare providers, free food, kids' games, health screening vans, EMS demonstrations, and more.

Heart Healthy Boxes (Baylor Scott & White Collaboration)

A voucher program offered to discharge patients of the hospital. Voucher can be redeemed at THC for a box of low-sodium heart-healthy food recommended by hospital dietitians. Shoppers also receive free produce and lean meat products. Program continues for as long as patient continues to visit THC.

Recipe of the Month

Recipe published monthly by THC for distribution to clients. Recipe development is led by a chef-trained client and includes ingredients commonly found at THC.

Scholarships

A scholarship program offered annually to low-income individuals seeking to further their education for vocational certification or college credit. THC clients, volunteers, and members of the general public are invited to apply. Applications are reviewed, finalists are interviewed by our selection team, and 2 scholarships are awarded each year.