



# THE HELPING CENTER

CLIENT NEWSLETTER

APRIL 2022

## NOTICES & COMING EVENTS

### OUR MISSION:

The Helping Center of Marble Falls provides nourishment and limited financial support to our neighbors in need in a dignified and hope-filled setting. As a unified community of Christians, we also offer opportunities for education, fellowship, and referrals providing a path to self-sufficiency.

### NEED HELP? WANT TO HELP?

#### Hours of Operation

M-F 9:30 am – 1:30 pm (food/assistance)

Tues 5:00 pm – 7:00 pm (food)

Thurs 5:00 pm – 7:00 pm (food)

#### Physical Address

1016 Broadway, Marble Falls TX 78654

#### Mailing Address

P. O. Box 402, Marble Falls TX 78654

Phone | 830-693-5689

Website | [helpingcenter.org](http://helpingcenter.org)

Facebook | Marble Falls Helping Center

Instagram | [thehelpingcenter](https://www.instagram.com/thehelpingcenter)

### APRIL HOURS

The Helping Center will be CLOSED on Friday, April 15 in observance of Good Friday. See the notice at right regarding our new evening hours.



**Follow The Helping Center on Facebook or Instagram for information about cooking demos, events, operating hours, and closures.**

## HAPPY EASTER!

from the staff & volunteers of  
The Helping Center

### HEALTHY4LIFE Health Fair

**Saturday, April 23, 10:00 am to 2:00 pm**

Join in the fun for a day of health and wellness at our community-wide health fair! The event will be held on the grounds of The Helping Center:

- Over 20 healthcare providers offering free screenings, advice, information and giveaways
- Free food by Numinous Coffee Roaster, Which Wich & Helping Center
- Kids' games and prizes!
- Marble Falls EMS and Fire Rescue vehicle tours
- Rain? No problem, we'll move indoors!

**BLESSINGS OF EASTER at THE HELPING CENTER | April 4-14 |** Local pastors and church leaders will be on hand in the Client Shopping Area to welcome shoppers. Smiles and Easter cards designed by children of the Highland Lakes Boys and Girls Club will be shared. We will also offer confidential prayer intention cards.

**"GET THE FACTS" Nutrition Class | Thursdays 10:00-10:30 am | April 21, May 26, June 30, July 21 |** The Helping Center will host Texas A&M AgriLife with its practical nutrition series. Learn about nutrition labels, healthy fats, and how sodium & sugar influence health. Information booklets (English/Spanish) and giveaways will be provided. A translator will be on hand for Spanish speakers. Attend all 4 classes and receive a Certificate of Completion that can be redeemed for a \$25 HEB gift card!

**LEARN for LIFE Scholarship |** The Helping Center is accepting applications through May 6 for those seeking vocational certification or a college degree. See [www.helpingcenter.org](http://www.helpingcenter.org) for an application.

**COMING APRIL 7 – NEW EVENING HOURS! |** To better serve our clients, we will extend our operating hours on Tuesday evenings from 5:00 – 7:00 pm. We will now also be open on Thursday evenings from 5:00 – 7:00 pm.

### WISHING ON YOUR OWN STAR

For every up in life, there is a down; for every victory there is a challenge. But our resiliency is determined by our ability to like ourselves. Liking ourselves is as essential as breathing. Without it, we make bad decisions, push loved ones away, and prevent ourselves from achieving our goals.

Many people dislike themselves. They often feel they have no value and nothing to offer. They are not aware of their intrinsic value and God-given worth.

We must be willing to draw our value from what God has given us. Each of us is uniquely made; a special combination that has never and will never happen again. We must be willing to stand proudly and say: "I am special. I am one-of-a-kind. I am terrific. I am learning. I am growing. I am changing. I am God's child. I am a masterpiece created by the Master Artist."

Relax and enjoy who you are. Remember, you don't have to rehearse to be yourself, and it can be a lot of fun.