



# THE HELPING CENTER

CLIENT NEWSLETTER

SEPTEMBER 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](#)

### SEPTEMBER HOURS

The Helping Center will be closed on Monday, September 5 in observance of Labor Day.

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

### Back to School!

The Helping Center wishes to extend God's blessings to all students returning to school. May He provide you with opportunities for growth, learning, & friendship.

**CLASS: "A FRESH START TO A HEALTHIER YOU" | Thursday, September 8, 10:00 – 10:30 am |** The Helping Center partners with Texas A&M AgriLife to bring you this practical NEW series. This 4-session class features information about food safety, meal planning, stretching food dollars, and healthy snacking. Classes will be from 10:00-10:30 am at The Helping Center on September 8, October 13, November 10, and December 8. Information booklets and give-aways will be provided. A translator will be present for Spanish speakers. Those who attend all 4 classes will receive a certificate of completion and a \$25 HEB gift card. Join in the fun and bring a friend!

**COOKING DEMO/GIVE-AWAY | Thursday, September 22, 9:30 am – 1:30 pm |** Join us for samples of delicious Whole Wheat Pasta Salad. Take home a recipe card, ingredients, and a free stainless steel colander!

**SAVE THE DATE: CaptionCall | Thursday, October 6, 9:30 – 11:00 am** Have trouble hearing phone conversations? Karen Peebles of CaptionCall will be on hand to provide a live demonstration of captioning phones at NO COST for qualified individuals. How do you qualify? - If you feel you need captions to use the phone more effectively, you are qualified! The phone, home installation, and ongoing use are all FREE.

**AFFORDABLE INTERNET | Vyve |** Your household may qualify for FREE internet through this Federal program. For details on eligibility and to enroll, visit [VyveBroadband.com/ACP](http://VyveBroadband.com/ACP).

## PROTECTING OUR CHILDREN

It's Back to School time, and we reflect on ways to protect our most precious resource: our children. A report of child abuse is made every 10 seconds in the United States, and this represents only a portion of the actual number of incidents. YOU can make a difference. Signs of abuse include:

- Black eyes, burns, or other injuries that are suspicious and unexplained
- Unkempt appearance
- Malnourishment
- Inadequate medical or dental care
- Wetting/soiling accidents not related to toilet training; UTI's
- Scarring of private areas; difficulty walking or sitting that may indicate injury
- Depression, anxiety, or fear about a particular person or place
- Sudden changes in behavior; passive or aggressive/disruptive behavior
- Change in eating habits, school performance
- Mood swings and/or nightmares or sleep problems

#### What to do if you suspect abuse:

- Provide a safe physical and emotional environment for the child.
- Remain calm, listen carefully to what the child says, and write it down.
- Be supportive and comforting.
- Report it to the police or your local Child Protective Services agency at once.

If you are unsure what to do, call 1-800-252-5400 (Central Texas Council of Child Protection Boards) or the Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD. Available 24/7.