



THE HELPING CENTER

CLIENT NEWSLETTER

NOVEMBER 2022

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

Facebook | [Marble Falls Helping Center](https://www.facebook.com/MarbleFallsHelpingCenter)

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

NOVEMBER HOURS

The Helping Center will be closed on Friday, November 11 in observance of Veteran's Day. We will also be closed on November 23, 24, and 25 in celebration of Thanksgiving.

Happy Thanksgiving!

This month we celebrate an "Attitude of Gratitude"! According to "Psychology Today", persons living with gratitude enjoy the following benefits:

- Improved relationships, sleep, self-esteem, physical and mental health, happiness, resilience, and feelings of empathy.
- Reduced stress, feelings of depression, and aggressive behavior.

NOTICES & COMING EVENTS

THANKSGIVING GROCERY ITEMS | The Helping Center will distribute Thanksgiving items in our shopping area on November 7-10, 14-18, and 21-22. First come, first serve. Supplies may be limited.

FREE CHRISTMAS TOYS | Kids ages 0-16? | Registration is open M-F 9:30 am-1:30 pm through December 12 for the free Christmas toys program. To register at The Helping Center, you must live in Marble Falls, Cottonwood Shores, Granite Shoals (not in city or HLEM), Highland Haven, Horseshoe Bay (Burnet County), Kingsland (Burnet County), Smithwick, or Spicewood (Burnet County). You must be the legal guardian of the children and will need to provide the children's names, age, date of birth, social security number, and clothing size. Ask for Nancy.

CLASSES CONTINUE: "A FRESH START TO A HEALTHIER YOU" | Thursday, November 10, 10:00-10:30 am | The Helping Center partners with Texas A&M AgriLife to bring you this practical 4-class series. The topic of our November class is "stretching food dollars". Information, samples, and give-aways are 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 | Our cooks are taking the month off as they prepare Thanksgiving dinner for their families!

RECIPE OF THE MONTH | CLASSIC PUMPKIN BREAD | Not a pie person? This delicious pumpkin bread recipe uses canned pumpkin found on our shelves. Bake a loaf or two this year for your Thanksgiving celebration. Ask for the recipe at the front desk.

WHAT IS "LEARN FOR LIFE"?

The Helping Center kicked off its LEARN for LIFE Education and Outreach Program in January of 2021. The purpose of the program is to empower Clients, their Families, and those in our Community to make positive and lasting life changes by offering education, fellowship, and meaningful referrals. We will continue this program in 2023 with funding provided by the 2022 Club at Horseshoe Bay Resort Mah Jongg Tournament.

We invite you to join us for FREE programs & events in 2023:

- Client newsletters
- Cooking demonstrations and give-aways
- Nutrition classes in partnership with AgriLife
- Recipe of the Month
- Kids' birthday bags
- Blessings of Easter event
- Healthy4Life Health Fair planned for Saturday, April 15
- Free Kids' Book event
- "Thanks-Giveaway!" event for families of the Boys & Girls Club of Marble Falls
- Spirit of Christmas event
- Learn4Life Scholarship program

We are thankful for you and your support!