



THE HELPING CENTER

CLIENT NEWSLETTER

FEBRUARY 2023

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

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

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

FEBRUARY HOURS

The Helping Center will be closed on Monday, February 20 in observance of President's Day.

*The Helping Center
wishes you a happy
Valentine's Day!*



FEBRUARY IS HEART HEALTH MONTH! | Tuesday, February 14 | 9:30 am – 1:30 pm | On Valentine's Day, we will share healthy cookies and heart health information in the client shopping area.

FREE DENTAL CARE | TEXAS MISSION of MERCY is coming to Marble Falls! | February 24 and 25 | A traveling dental clinic will offer free dental care to the community. Visit the QR code at lower left for updates or see www.tdasmiles.org

WELLNESS CLASS | "BE WELL, LIVE WELL" | The Helping Center partners with Texas A&M AgriLife to bring you this 4-class series. Join us on Thursdays from 10:00–10:30 am: February 23, March 16, April 20, and May 18. Topics include general wellness and healthy eating and lifestyles. 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!

GETTING AHEAD | If you've spent part or most of your life struggling to get by, the idea of getting ahead might seem out of reach. But, the next chapter can change all that. To learn about the unique "Getting Ahead" program, see Kelly Lofton of Workforce Network in the CRC. Or, call 361.533.2462 (English) or 830.220.9898 (Spanish).

IS YOUR GLASS HALF-FULL?

Positive thinking helps with stress management and can even improve your health. Learn how to identify negative self-talk below:

- o Understanding Positive Thinking: Positive thinking doesn't mean that you ignore life's unpleasant situations. It means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.
- o Self-Talk: Self-talk is the endless stream of thoughts that run through your head. These automatic thoughts can be positive or negative. Some of this talk comes from logic and reason. Other self-talk may arise from misconceptions we create because of lack of information or preconceived ideas.
- o Health Benefits of Positive Thinking: Researchers have found that positive thinking can increase life span; lower depression; result in greater resistance to illness; result in reduced risk of infection, respiratory conditions, heart disease, stroke, and cancer; and create better coping skills during time of hardship.
- o Identifying Negative Thinking: Common forms of negative self-talk include:
 - Filtering: You magnify the negative aspects of a situation and filter out the positive ones.
 - Personalizing: When something bad occurs, you automatically blame yourself.
 - Catastrophizing: You automatically anticipate the worst without facts that the worst will happen.
 - Blaming: You try to say that someone else is responsible for what happened to you instead of taking responsibility yourself.
 - "Should do" thinking: You think of all the things you "should do" and blame yourself for not doing them.
 - Magnifying: You make a big deal out of minor problems.
 - Perfectionism: You set impossible standards to be "more perfect" and set yourself up for failure.
 - Polarizing: You see things only as good or bad with no middle ground.

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice – you are creating a new habit, after all! In next month's newsletter, we will outline strategies to help you become a positive thinker!