



THE HELPING CENTER

CLIENT NEWSLETTER

SEPTEMBER 2024

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)

SEPTEMBER HOURS

We will be closed on Monday, September 2, in observation of Labor Day.

Why do we celebrate Labor Day?

Established as a Federal Holiday in 1894, Labor Day celebrates the contributions and achievements of workers in the United States. The holiday is a time for families to gather and prepare for the end of summer which occurs on the Autumn Equinox. This year, the equinox will occur on Sunday, September 22.



NOTICES & COMING EVENTS

LAST CLASS IN THE SERIES! "PLANT WITH A PURPOSE" | September 10 10:00-11:00 am | The Helping Center partners with Texas A&M AgriLife to bring you the last class of a series on container gardening. Join us for this informative class and take home a \$10 H-E-B gift card! CRC Meeting Room.

CLASS SERIES CONTINUES: "MONEY MATTERS" | September 12, October 10, November 14 | 10:00 – 11:00 am | The Helping Center partners with Cadence Bank to bring you this popular series on managing your money. September's topic will be budgeting on a fixed income. Bring a friend and take home a \$10 H-E-B gift card! CRC Meeting Room.

DRUG TAKE-BACK DAY | September 17 | 9:30 am – 1:30 pm
DO YOU HAVE UNWANTED OR EXPIRED DRUGS IN YOUR HOME? Many of us do, and we will offer you a free way to dispose of them responsibly. Quick and easy, just drop your drugs into the sealed receptacle. No questions asked. While you're at it, make friends with BRODY, the lovable City of Marble Falls therapy dog. He'll be on hand all day!

FLU SHOT CLINIC | September 24 | 9:30 am – 1:30 pm
DON'T GET THE FLU THIS YEAR! To help you stay healthy, The Helping Center will host Atkins Pharmacy for this flu shot clinic. Stop by our registration table before you shop to get your flu vaccine. To participate, bring your I.D. and insurance card or Medicare/Medicaid card. UNINSURED? – We've got you covered. The Helping Center will pay for your flu shot.

RECIPE OF THE MONTH | Hummus | Our shelves are stocked with garbanzo beans, but how to use them? Enjoy this delicious recipe with raw vegetables or as a spread. And, if you don't know, garbanzo beans and chickpeas are the same thing!

TAKE TIME FOR GRATITUDE

This month we introduce our Gratitude Project!

In a world that often moves quickly, the Gratitude Project encourages us all to pause and reflect on the positive aspects of our lives and the people who surround us. This project invites you to participate by sharing acts of kindness, writing notes of gratitude, or sharing small tokens of appreciation with friends, neighbors, and acquaintances. When we focus on gratitude, we strengthen our families and community.

Whether through small gestures or simple words of thanks, each expression of gratitude has the power to create a ripple effect, brightening our community and beyond. Join us in this journey to cultivate a grateful mindset and celebrate the good that exists all around us.

HOW TO START?

Reflect on the things you are grateful for, write them on the card provided, and drop it into our "Gratitude Box". We will publish the results in November.