

HELPING HANDS

Helping Hands is a part of the special needs ministry at University United Methodist Church.

To find out more about Helping Hands at The U please visit our website, www.theu.org or contact:

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OUR MISSION

To provide opportunities that bring dignity and purpose to children, youth, and adults who have intellectual and developmental challenges.

These opportunities encompass spiritual growth, education, fellowship, service to God, and our community.

**University United Methodist Church
Helping Hands**

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We are a group of individuals who come together to serve our church, our community, and one another.

Our pre-vocational day habilitation program serves higher functioning adults who need a place to grow, develop skills, and establish life-long friendships.

Helping Hands offers daily tasks and activities that bring purpose and dignity to adults who have intellectual and developmental challenges.



OUR SERVICES

The staff at Helping Hands is committed to providing high quality care for adults who have special needs.

We seek to provide opportunities throughout the day that will encourage those in our care to grow spiritually, emotionally, socially, and in their physical health and wellbeing.

Helping Hands offers various task-focused “jobs” combined with fun activities to provide a well rounded experience for all of our adult team members.

A DAY IN THE LIFE...

Each day at Helping Hands is filled with service, fun, and fellowship. Our day begins with a time of cultural literacy where everyone learns about our local community, state, nation, and world. We conclude our whole group time together with a daily devotional from Dr. Billy Graham.

Late mornings and afternoons at Helping Hands consist of small groups of team members completing organized tasks and activities under staff supervision. Many of our tasks promote independent living skills.

Some of our tasks include:

- Shredding
- Preparing sanctuary for worship
- Special events catering
- Special events greeting/serving
- Food service, Mailings
- Table setup for luncheons
- Laundry

SOCIALIZATION & FUN

Everyday at Helping Hands is filled with fun! In addition to our tasks and activities, we eat out at area restaurants twice weekly, go to CiCi's Pizza and bowling two times a month and watch movies twice a month. During lunch and game times we learn more about God and each other through intentional conversations.

Physical activity is also an important part of our day. After lunch we challenge each other to walk a mile inside our climate controlled building. Walking is not a requirement, but nearly everyone is able to complete the laps it takes to reach a mile on our skybridge.

