



Are YOU Ready for some AWESOMENESS??

**Friendly Financial Fun:** Join us for a 4 week series on understanding banks, money and everything in between. This series is going to be led by People's Bank and will be a fun evening with great information. Limit 15 people. Sign up with a volunteer TODAY!

**Every Monday evening in October - 4th, 11th, 18th and 25th 4:30-6:00pm**

**4:30-5:00pm - Friendly Financial Topic of Discussion**

**5:00-5:30pm - Dinner Provided**

**5:30-6:00pm - Bonus Shopping time - only for those in Financial Fun get to shop**

**WEDNESDAY October 6th 3:30-8:00pm - Winter Gear Giveaway** - shop for the change of the seasons - gently used and new winter coats, boots, snow pants, hats/gloves/scarfs etc. The Food Pantry will be open 6:00-8:00pm.

This world is crazy and can be hard to navigate - Do you need someone to help you talk through life? Come visit with **Will Walker - Mental Health/Substance Abuse Counselor** - he is open to our community **every Friday 9:00-11:00am** at our facility and at no cost.

**Dads with a Purpose Class 5:30pm- 7:00pm Tuesdays // 8 week class //** rolling admission so you can enroll at anytime // completed class and receive State Owed Child Support Forgiveness and YMCA Membership // Contact Val Cameron // 515-971-2977

**October is "Hearts to Serve - Hope to Spread" month.** You will see our new food truck out and about at a variety of sporting events and fundraisers. Our goal is to Pack the Pantry for the Holiday Season with monetary donations for winter gear and food ingredients for holiday meals and gatherings. Interested and want more information - contact us today!

**Technology/Phone Charging Support** - Do you need a computer to get online for food stamp applications, housing options, telehealth appointments, or filing documents? We have devices available for you to use - ask a volunteer - computers are open to the public when we are open for shopping.

**Hours Open for Shopping:** Tuesdays 12:30-2:30pm Wednesday 6-8pm Thurs/Sat. 9:00-11:00am

**Hours of Donations:** Tuesdays 8:00-2:30pm Wed. 4:30-8:00pm Thurs.-Sat. 9:00-11:00am

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The Helping Hand is an EOE