

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 University please visit our website or give Susan Galindo a call.

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OUR MISSION

We strive 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 and service to God and our community.



5084 De Zavala Rd. | San Antonio, TX 78249

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

Our prevocational day habilitation program serves 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



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.

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 the sanctuary for worship
- Make snack packs for homeless and their pets
- 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, go to CiCi's pizza, bowling and watch movies. 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!

OUR SERVICES

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

We seek to provide opportunities throughout the day that 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.

