

SERVICES

COMMUNITY KITCHEN

We believe that **hope** begins with a meal...

MEALS

7:00AM & 5:00PM DAILY

322 NE 1ST AVE.

OVERNIGHT SHELTERS

MEN'S SHELTER

322 NE 1ST AVE.

CHECK-IN BEGINS | 6:00PM DAILY

SHOWERS | 9:00AM-11:30AM DAILY

WOMEN & CHILDREN'S* SHELTER

1413 N. BURKE ST.

*GIRLS 17 & UNDER // BOYS 12 & UNDER

CHECK-IN BEGINS | 4:00PM DAILY

SHOWERS | 9:00AM-11:30AM DAILY

LIFE CHANGE ACADEMY

MEN'S HOUSE OF RESTORATION

741 N. SANTA FE

WOMEN'S HOUSE OF HOPE

831 E. HOUSTON

vrmhope.org/academy

559.740.4178

LIFE CHANGE ACADEMY

The Life Change Academy is a 12-month, residential program focused on improving the mental, physical, and spiritual health of men and women struggling with addiction and the life issues that come with it.

The program includes:

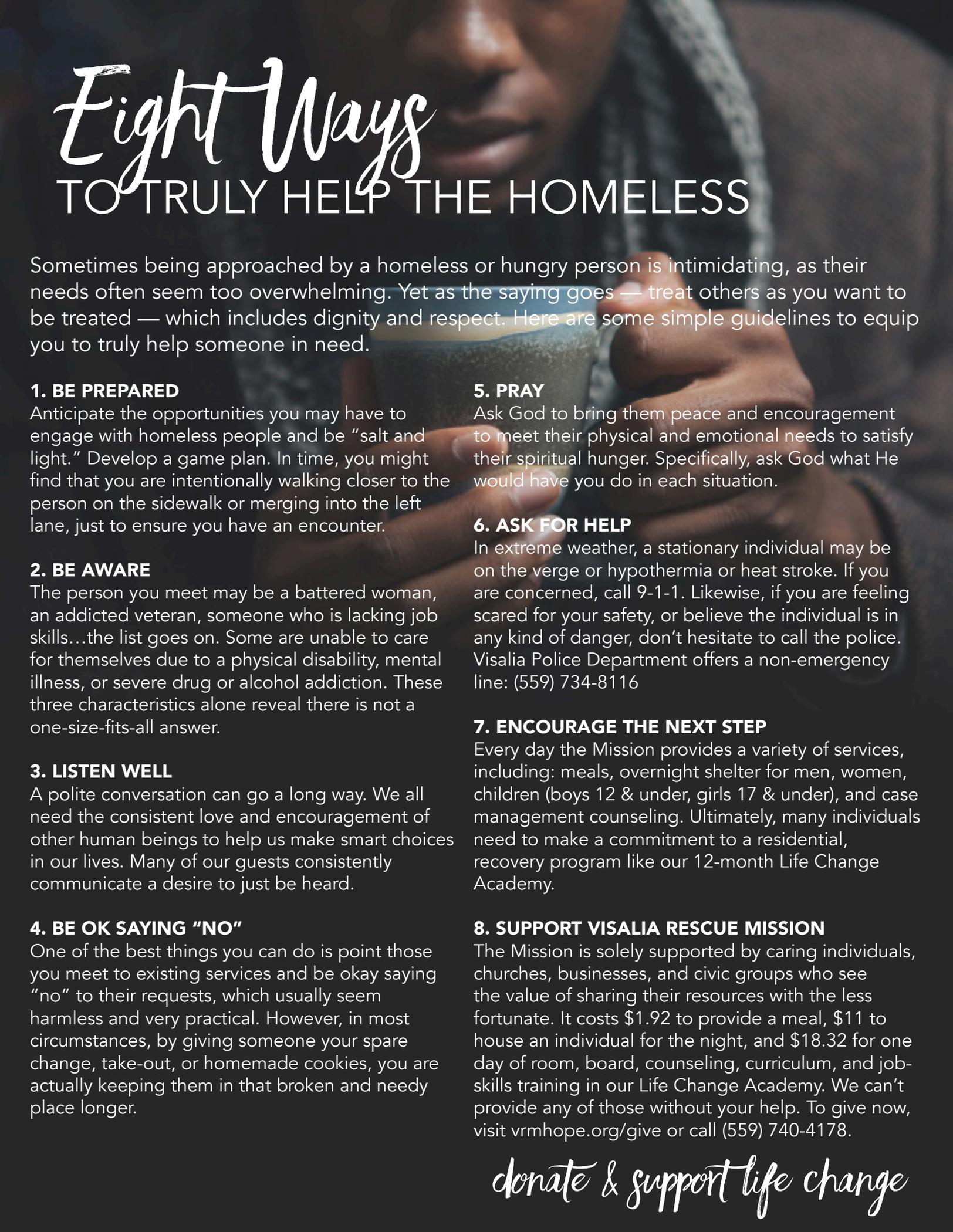
- Individual and group counseling
- Bible classes
- Vocational training
- Addiction recovery that provides safe, long-term treatment for men and women who are seeking to turn their lives in a new direction.

This Christ-centered recovery process is the ideal opportunity for anyone who is ready to experience true life change.

We believe that hope begins with a meal. Our desire is for that meal in our kitchen to turn into a hunger for life change.



visalia
rescue mission



Eight Ways TO TRULY HELP THE HOMELESS

Sometimes being approached by a homeless or hungry person is intimidating, as their needs often seem too overwhelming. Yet as the saying goes — treat others as you want to be treated — which includes dignity and respect. Here are some simple guidelines to equip you to truly help someone in need.

1. BE PREPARED

Anticipate the opportunities you may have to engage with homeless people and be “salt and light.” Develop a game plan. In time, you might find that you are intentionally walking closer to the person on the sidewalk or merging into the left lane, just to ensure you have an encounter.

2. BE AWARE

The person you meet may be a battered woman, an addicted veteran, someone who is lacking job skills...the list goes on. Some are unable to care for themselves due to a physical disability, mental illness, or severe drug or alcohol addiction. These three characteristics alone reveal there is not a one-size-fits-all answer.

3. LISTEN WELL

A polite conversation can go a long way. We all need the consistent love and encouragement of other human beings to help us make smart choices in our lives. Many of our guests consistently communicate a desire to just be heard.

4. BE OK SAYING “NO”

One of the best things you can do is point those you meet to existing services and be okay saying “no” to their requests, which usually seem harmless and very practical. However, in most circumstances, by giving someone your spare change, take-out, or homemade cookies, you are actually keeping them in that broken and needy place longer.

5. PRAY

Ask God to bring them peace and encouragement to meet their physical and emotional needs to satisfy their spiritual hunger. Specifically, ask God what He would have you do in each situation.

6. ASK FOR HELP

In extreme weather, a stationary individual may be on the verge of hypothermia or heat stroke. If you are concerned, call 9-1-1. Likewise, if you are feeling scared for your safety, or believe the individual is in any kind of danger, don't hesitate to call the police. Visalia Police Department offers a non-emergency line: (559) 734-8116

7. ENCOURAGE THE NEXT STEP

Every day the Mission provides a variety of services, including: meals, overnight shelter for men, women, children (boys 12 & under, girls 17 & under), and case management counseling. Ultimately, many individuals need to make a commitment to a residential, recovery program like our 12-month Life Change Academy.

8. SUPPORT VISALIA RESCUE MISSION

The Mission is solely supported by caring individuals, churches, businesses, and civic groups who see the value of sharing their resources with the less fortunate. It costs \$1.92 to provide a meal, \$11 to house an individual for the night, and \$18.32 for one day of room, board, counseling, curriculum, and job-skills training in our Life Change Academy. We can't provide any of those without your help. To give now, visit vrhope.org/give or call (559) 740-4178.

donate & support life change