

**MENTAL HEALTH FIRST AID TRAINING (MHFA):**  
Hinton offers training opportunities for community members and groups to recognize signs and symptoms of mental health challenges, connect individuals with appropriate support, and reduce stigma that's often experienced. Trainings are offered in online/virtual formats, in person, and online/in-person combination. For upcoming trainings for Adult MHFA and MHFA for adults who work with youth, visit [www.hintoncenter.org/training](http://www.hintoncenter.org/training). Call or email for more information or to schedule a training.

**LEADERSHIP CHATUGE COMMUNITY BUILDERS:**  
Love your community? Want to see it become a thriving place with opportunities for all of our neighbors? Leadership Chatuge Community Builders is for those who want to learn about resources and challenges in our area, ways to address them by working together, and skills that will equip us to do it. This class for residents in Clay, Cherokee, and Towns counties covers topics such as leadership styles, regional economic development and opportunities, local history and Appalachian culture, community supports, understanding social determinants of health, and more.



*Highlights include speakers who are experts in their fields, networking opportunities, resources, and engaging presentations. Learning more in these areas will prepare and equip participants to serve more effectively and confidently as community builders in our rural mountain area. This 12-week class meets one night a week and is offered at Hinton each spring. Some partial scholarships available.*

**YOUTH LEADERSHIP DEVELOPMENT:**  
Youth Leadership Chatuge Community Builders is one of several Hinton initiatives that train and equip young people to serve their communities. Staff and trained volunteers coach middle school students in an after-school leadership course that meets once a week for eight weeks during the spring and fall semesters. Hands-on and engaging activities, with coaching, cover topics such as team, optimism, conflict, ethics, communication, vision, servanthood, and more.

**RETREAT & RENEWAL OFFERINGS:**  
Spending time in a natural environment can have a multitude of health benefits – physical, mental, and spiritual – such as lowering blood pressure, helping with depression, aiding memory and learning, and reducing stress. Hinton's 33-acre wooded campus, with lakefront access, offers options for individuals and groups to get away, refresh, and refuel. Hinton has retreat houses and cabins, indoor and outdoor worship spaces, trails and reflection gardens, disc golf, and a dock for swimming, fishing, and boating. Lodging is available year round, with daily, weekly, and monthly rates. Hinton also offers meeting and dining spaces, with campus-wide WiFi and cell phone service. Community members and groups are always welcome to visit our campus and use it as a place to retreat, reflect, and renew. Please call or email us if you'd like to spend time on our campus.

**COMMUNITY VOLUNTEER OPPORTUNITIES:**  
Over 1000 volunteers, both local and from across the country, typically serve each year in Hinton's home repair, firewood, garden, and Christmas Care ministries, totaling over 20,000 hours, with a value of over \$550,000. Hinton depends on volunteers as we "walk alongside" our neighbors through our community outreach initiatives, helping our community become a more thriving one that offers opportunities for all.

**Want to Support Hinton's Community Outreach?**  
Hinton Rural Life Center is an agency of the Southeastern Jurisdiction of The United Methodist Church. We are a 501(c)3 nonprofit organization and depend on funding from grants, donations, and revenue from lodging rentals to fund our community outreach ministries. To support Hinton's work in our rural community, call or visit [hintoncenter.org/donate](http://hintoncenter.org/donate) for more info or to make a donation.



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# COMMUNITY OUTREACH



[WWW.HINTONCENTER.ORG](http://WWW.HINTONCENTER.ORG)



# MISSION STATEMENT

*Inspired by Jesus Christ, Hinton Center serves individuals, congregations, and rural communities through retreat ministries, educational opportunities, and missional outreach.*

Hinton serves residents in Clay and Cherokee counties, NC, and Towns County, GA, through Safe & Healthy Home Assessments and Repairs, Firewood Ministry, Sanctuary Gardens and Trails, Christmas Care of Clay County, Mental Health First Aid training, and Leadership Chatuge Community Builders leadership training for adults and youth.



**HINTON RURAL LIFE CENTER  
HOPES TO SEE OUR  
COMMUNITY'S HEALTH AND  
SAFETY IMPROVE, BECAUSE  
YOUR ZIP CODE CAN BE A  
BETTER PREDICTOR OF HEALTH  
THAN YOUR GENETICS!**

## SAFE & HEALTHY HOUSING ASSESSMENTS AND HOME REPAIRS

Hinton staff and volunteers serve the community year round, performing Safe & Healthy Housing Assessments and Home Repairs. Most of our home repair projects occur during summer, when mission teams from across the country participate in our Summer Mission Outreach program. Projects may include: building accessibility ramps, porches, and steps; underpinning mobile homes; painting; repairing floors; yard work; and more. Hinton has a general contractor's license and employs a full-time Construction Ministry Coordinator.

### **Safe & Healthy Housing Assessment:**

There are no financial guidelines or requirements for having a Hinton staffer or volunteer perform a Safe & Healthy Housing check at your home. If you would like to do your own, call or email Hinton to request a copy of the assessment form.

### **Safe & Healthy Home Repairs:**

In order for Hinton to make repairs to a home, there must be financial need or extenuating circumstances. Residents of Clay, Cherokee, and Towns counties can obtain a Safe & Healthy Home Repair application form on our website, at Hinton's administration office, or by calling or emailing.

### **Rural Poverty Simulation:**

In 2021, Hinton piloted our own Rural Poverty Simulation to increase awareness and understanding of the unique challenges of rural poverty. This hands-on experience is available for groups of any size. Call or email for more info and to schedule a simulation.

### **House on Wheels (HOW):**

Hinton's HOW is a mobile teaching unit that visits community resource fairs, schools, and other regional events to promote awareness of potential health and safety issues in homes, such as weatherization, fire safety, falling hazards, and more. The HOW features interactive ways to teach "how" to address these health and safety topics.



## MINISTRIES

### **Firewood Ministry:**

Many people in our community depend on firewood as their primary source of heat, but can't afford what they need for the winter. Hinton can provide a free load of wood to those neighbors. Our Firewood Lot is open Wednesdays from 9 a.m. to 1 p.m. or by appointment, made via phone call. Those picking up wood must first go to Hinton's Administration Office to fill out an info form. Deliveries can be arranged in special circumstances. Our Firewood Ministry also depends on donations of downed trees (maple, oak), which our volunteers will pick up, cut, split, and stack. Volunteers also serve in our wood lot to assist those, as needed, picking up wood.

### **Sanctuary Gardens & Trails:**

The Ervin Sanctuary Gardens and Trails offer places and spaces throughout our 33-acre campus for rest, renewal, reflection, and recreation to restore mind, body, and spirit. Hinton's gardens and trails are available to our visitors, guests, and community members and are maintained by local volunteers and retreat/mission groups.

### **Christmas Care of Clay County:**

Hinton facilitates Christmas Care of Clay County, where local partners work together to provide children with new clothing for Christmas gifts. Parents can opt to shop for their children or use the help of volunteers. Families must fill out an application, typically in October, at Hinton or online.

### **Council for Collaborative Impact:**

The Council for Collaborative Impact is comprised of individuals from Clay, Cherokee, and Towns counties who wish to stay updated on services available in our community that address the areas of education, transportation, economic development, children's needs, substance misuse, housing, and technology. Through CCI, representatives of each area seek to work collaboratively to better meet community needs in impactful and transformative ways. Interested individuals are welcome to attend CCI meetings and potentially serve on a task force. For meeting schedule and speakers, visit [www.hintoncenter.org/quality-of-life/council](http://www.hintoncenter.org/quality-of-life/council).