

# Volunteer Opportunities

November 12, 2018

## United Way Volunteer Connection

- Promotes year-round volunteerism
- Connects people with local volunteer opportunities
- Highlights a few opportunities each week

To receive this listing or additional opportunities contact Mary, United Way Volunteer Engagement Coordinator at 252-0227 or [www.unitedwayhelps.org](http://www.unitedwayhelps.org)

## Share your Kindness! Random Acts of Kindness Week – November 12-16, 2018

If you have not heard, November 12-16, 2018 is Minnesota United Acts of Kindness Week. Let's share kindness, generosity, and love to make the world a little better each day. As a United Way advocate, we are challenging you to help us make Central Minnesota's voice heard across the state. Please capture your acts of kindness - share on Facebook, tag @unitedwayofcentralminnesota and use #LiveUnitedMN. United Way Acts of Kindness Week is inspired by the work of 40 Minnesota United Ways and several partners in the community. During this week, United Way of Central Minnesota is inviting everyone – volunteers, donors, community members and children to intentionally exemplify kindness with the goal of helping to unify the community and to kick-start ongoing acts of kindness. Ideas for kindness include: give a note of appreciation to a co-worker; surprise someone with coffee; tape a note and coins to a vending machine; share praise; take a coworker to lunch, bring extra supplies for your teacher; mail a family member a card; hold the door open for others; and make a family member's bed.

Contact Mary Krippner, United Way of Central Minnesota at (320) 223-7991 or [Mkrippner@unitedwayhelps.org](mailto:Mkrippner@unitedwayhelps.org)

## Volunteer at the St. Cloud VA Health Care System

The St. Cloud VA Health Care System is dedicated to providing exceptional health care to Veterans. We need you to join our team as a volunteer and honor our nation's Veterans today! Volunteers are needed for numerous assignments throughout the health care system and demand for volunteer assistance continues to grow. A volunteer role offers flexible scheduling, assignment specific training, and an opportunity to demonstrate your commitment to our customers.

Contact Voluntary Service office at (320) 255-6365 or [vhastcvvsstaff@va.gov](mailto:vhastcvvsstaff@va.gov)

*Mission: To improve people's lives by mobilizing the caring power of Central Minnesota.*



## **Toys for Tots Distribution**

Catholic Charities is excited and gearing up for the Toys for Tots distribution. The Toys for Tots program utilizes between 50-60 volunteers each shift to be successful. We ask that volunteers are at least 16 years old with a parent or guardian. It's not too early to get this on your calendar. They have a variety of slots and opportunities available. Distribution dates are listed below. This event is held at 157 Roosevelt Road, Suite 100. St. Cloud, MN 56301. Register early before time slots fill!

Thursday, December 13<sup>th</sup> –three shifts: (9:00am-12:00pm); (1:00pm-4:00pm); and (5:00pm-7:00pm)  
Tuesday, December 18<sup>th</sup> -three shifts: (9:00am-12:00pm); (1:00pm-4:00pm); and (5:00pm-7:00pm)  
Thursday, December 20<sup>th</sup> – one shift: (9:00am-12:00pm)

**Contact Kayla Schmitt, Catholic Charities at (320) 229-4567 or [Kayla.schmitt@ccstcloud.org](mailto:Kayla.schmitt@ccstcloud.org)**

## **Help Strengthen and Nurture Families**

St. Cloud Area Crisis Nursery seeks to strengthen and nurture families, in cooperation with community organizations and individuals, through a family-focused service to protect children from possible harm and provide support and validation for parents. They are looking for volunteers who will have the opportunity to counsel and support families from a crisis line via a cell phone from their home. Volunteers will be responsible for answering the crisis line from 5:00 pm-8:00 am Monday through Friday and over weekends. Volunteers can determine their availability and can help as many hours as their schedule allows. Volunteers will attend two-hour orientation training and come together every other month for two hour training with the coordinator. Trainings are fun and casual. Everyone is able to volunteer, but they require volunteers to be friendly, personable, professional and able to work under stressful situations. Volunteering with St. Cloud Area Crisis Nursery is very self-rewarding and making a difference really matters.

**Contact Conni Orth, Lutheran Social Service -St. Cloud Area Crisis Nursery at (320) 654-1090**

## **New Furniture for the Holidays? Donate your Gently Used Furniture!**

No child should sleep on the floor. You can help by donating gently used items to help out a low-income family in need. Items accepted include couches, love seats, lamps, recliners, rockers, kitchen tables and chairs, end table, night stands, dressers and complete bed sets (no king). Furniture with rips, stains, rust, tears or mold cannot be accepted. Tax receipts and pick up is available.

**Contact the Community Furniture Program at (320) 656-9004**

**Contact Mary Krippner, United Way Volunteer Engagement Coordinator at (320) 223-7991 or [Mkrippner@unitedwayhelps.org](mailto:Mkrippner@unitedwayhelps.org)**