

Volunteer Opportunities

February 18, 2019

United Way Volunteer Connection

- Promotes volunteer opportunities for local nonprofits through a searchable database found at www.unitedwayhelps.org.
- Connects individuals, families, groups and companies with volunteer opportunities

To receive this listing or additional volunteer opportunities, contact Mary Krippner, United Way Volunteer Engagement Coordinator at 320-223-7991 or mkrippner@unitedwayhelps.org

Share your Talent with Women and Children

Journey Home is a residential facility providing primary chemical dependency programming and housing for chemically dependent women and their children. It is a structured, recovery-focused setting for women ages 16 and older who are referred to us after the completion of primary chemical dependency treatment. They are looking for volunteers to help with group sessions or be a quest speaker. Topics could vary from budgeting to staying positive while recovering. They would also consider fun topics like magic shows, singing programs or a variety of fun events.

Contact Deb Vander Eyk, Journey Home at (320) 259-9149 Extension 22339

Outing and Excursion Assistant

Assist Country Manor staff in taking small groups of residents out into the community for various activities. Volunteer's primary responsibility while on the outings is to pair up with a resident and help push their wheelchair. A Therapeutic Recreation staff member will always be along on the outings to assist you. Residents and staff are transported using Country manor vans. Volunteers can choose to ride along in the van if there is room or they may choose to meet the staff and residents at the outing location. Some examples of their outing types: going out to lunch, shopping, fishing, special holiday events, bowling etc.

Contact Casaundra, Country Manor at (9320) 253-1920



Friendly Visitors

The Friendly Visitor or Respite Volunteer provides socialization, companionship and support to Hospice clients by visiting, looking at photos together, encouraging clients to share stories and memories, reading or playing music for a client, doing crafts or art work together, sitting quietly just holding their hand. Some clients don't have family close by and volunteer visits help them feel less lonely and provide ease of mind to loved ones and caregivers. Volunteers can provide respite to family that is taking care of their loved ones at home, by allowing them time to do errands, shop, or have some quiet time to relax. Volunteers do not provide personal care to clients but they are an important part of the team.

Contact Keshia, Heartland at (320) 654-1136

Get in on the action!

Central Minnesota Youth for Christ needs caring, mature adults to meet with the many teens they serve. Volunteers must go through a screening process. They offer on-going training to encourage and help volunteers be effective in their role. YFC reaches young people everywhere, working together with local churches and other like-minded partners.

Contact Scott, Central MN Youth for Christ at (320) 251-8711

Become A Volunteer Advocate

Central MN Sexual Assault Center (CMSAC) is looking for volunteers to attend their upcoming volunteer advocate training. Volunteer advocates are required by the state of Minnesota to complete a 40-hour training (our training is 45 hours) which qualifies them to provide support counseling, crisis intervention, and advocacy for survivors of sexual violence and their friends and family on CMSAC's 24-hour phone line, at local law enforcement centers, and at area hospitals. Being a volunteer advocate provides valuable and rewarding experiences working directly with survivors of sexual violence and multi-disciplinary professionals. It also provides an opportunity for community members to get involved with a very important issue.

Contact Central MN Sexual Assault Center at 320- 251-4357 or visit www.cmsac.org

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