



Ongoing Group Volunteer Opportunities – The Garden

Host a Meal

Description:

- Donate continental breakfast items.
 - Low sugar cereal
 - Oatmeal
 - Granola
 - Lower sugar yogurt
 - Fruit
 - Breakfast breads, pastries, and/or bagels
- Host a full meal for lunch or dinner.
 - A group of 6-10 volunteers can sign up to host a meal for our clients and staff.

Meal options:

- Groups can purchase groceries, cook the meal onsite, serve it, and clean up afterward. Alternatively, groups can cater the meal, serve it, and clean up.

Time commitment:

- 2-4 hours

Training required:

- 1-hour general volunteer training required for lead volunteers.
- Brief kitchen training required for lead volunteers.
 - A few days before your scheduled meal to provide important information on kitchen operations, as well as the location of cookware, appliances, and utensils.

Meal Sponsor Guide:

- Please refer to the Meal Sponsor Guide that outlines mealtimes, suggested menus, and specific serving guidelines for each meal.

Host an Ice Cream Sundae Party

- Saturdays between 1:30 – 2:30 p.m. are preferable

Time commitment:

- 1-2 hours

Training required:

- 1-hour general volunteer training required for lead volunteers.

- Your group could bring a few flavors of ice cream along with several toppings to create an ice cream sundae bar.
- Volunteers could scoop ice cream, serve toppings, and engage with the clients.
- You could also bring cookies and other treats to go with the ice cream.

Host a Popcorn Bar Party

- Saturdays between 1:30 – 2:30 p.m. are preferable

Time commitment:

- 1-2 hours

Training required:

- 1-hour general volunteer training required for lead volunteers.

Description:

- You can bring bags of popped popcorn.
- You can also bring various sweet and salty toppings for popcorn.
- Volunteers can serve popcorn and toppings while they engage with the clients.

Host a Praise Music Service

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| <ul style="list-style-type: none">• Sign up with your praise team to host a time of worship for our clients. We hope to have a group onsite quarterly or once per month.• Your team will need to bring equipment and song lyrics. Acoustic sets are welcome. | <ul style="list-style-type: none">• Your group could play during a mealtime or late afternoon.• If playing outside of a mealtime, serving snacks for clients is an option. |
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Host Mock Interviews

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| <p>Time commitment:</p> <ul style="list-style-type: none">• 1 - 2 hours, only available on certain Mondays or Fridays of the month. <p>Training required:</p> <ul style="list-style-type: none">• 1-hour general volunteer training required for lead volunteers with an additional meeting to discuss the mock interview details. | <p>Description:</p> <ul style="list-style-type: none">• Your group can support clients in Jobs for Life (Phase 3) by hosting mock interviews.• Volunteers are paired with a current client to ask interview questions and to provide feedback after the interview.• We will provide a Mock Interview Guide as a resource. |
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Host a Self-Care Workshop

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| <p>Time commitment:</p> <ul style="list-style-type: none">• 1 hour for the workshop, often scheduled on Mondays or Fridays. <p>Training required:</p> <ul style="list-style-type: none">• 1-hour general volunteer training required for lead volunteer with an additional meeting to discuss the workshop details. | <p>Description:</p> <ul style="list-style-type: none">• Your group can host a "Self-Care" workshop to engage our clients in a positive and informative way.• Suggested topics include healthy snacks, how to shop for groceries on a budget, any kind of calming activity, etc. |
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Host an Activities Day

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| <p>Time commitment:</p> <ul style="list-style-type: none">• 1 hour for the activities, often scheduled Fridays, Saturdays, or Sundays. <p>Training required:</p> <ul style="list-style-type: none">• 1-hour general volunteer training required for lead volunteers with an additional meeting to discuss logistics of the activities. | <p>Description:</p> <ul style="list-style-type: none">• Your group can host activities to engage our clients in a positive and informative way.• Suggested activities are games, competitions, arts and crafts, etc.• Please consider age-appropriate activities for children when planning fun events. |
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Sponsor a Holiday

Gift Donations:

- Help provide gifts for our clients.
 - Something personal like a handwritten card or small items that make them feel loved.

Special Meals or Treats:

- Sponsor a holiday meal or treat, creating an opportunity for our clients to enjoy a festive gathering.
- This could include a Christmas dinner, a Mother's Day lunch, or any meal that aligns with the holiday being celebrated.
- See our Meal Sponsor Guide to learn about hosting a meal.

Decorations and Celebrations:

- Supply and decorate the dining room to make it more welcoming and festive, whether it's Valentine's Day flowers, Christmas carols, or another game or activity to make the day more engaging and fun.

Time commitment for decorations:

- 1 hour

Training required for decorations:

- 1-hour general volunteer training required for lead volunteers.

Supplying Assessment Bags

- Provide comfort bags for clients who come onsite for an assessment.
 - Up to 20 at a time.
- Bags will be distributed to anyone, adult or child, waiting for an assessment.
- Inexpensive string bag or tote bag that is durable

- Snacks – sweet and salty treats
- Bottled water
- Fidget toy
- Resource card – Staff can add to bags
- Breathing or stress management exercises
- Scripted note of encouragement – Staff will provide suggestions.

Supplying and/or Assembling Welcome Baskets

- Provide supplies for and put together welcome baskets for all new clients that enter our program.
- Bath towel
- Hand towel
- Washcloth
- Deodorant

- Shower shoes
- Bathrobes
- Shampoo
- Conditioner
- Body wash
- Nail file and clippers
- Reusable water bottle

Host a Drive or Fundraiser

- Current needs are listed on our website.
 - Ex. Bed pillows, twin-size white sheet sets, women's bathrobes of all sizes, hygiene products.

- Fundraising information is on our website.
 - Create an account and collect funds through a link from our website.
 - Funds raised would go into our general fund.

Easter, Thanksgiving, Christmas Options

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| <ul style="list-style-type: none">• Support our holiday meal delivery event for Thanksgiving and/or Christmas.• Help us package and deliver between 1,500 – 1,700 meals for each holiday.• 320+ volunteers needed for each holiday.• Nov. 23 – 26• Dec. 21 - 23• Signups will post to the Volunteer page of our website by early October. | <ul style="list-style-type: none">• Shop for Christmas gifts for our children through our Amazon wish list.• Wish list will post to our Recurring Needs page on our website by Nov. 1. |
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Key Information

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| <ul style="list-style-type: none">• Lead volunteers should share training information with the rest of the group.• We can accommodate groups of up to 10 volunteers for each activity. The number of volunteers is determined by the activities. |
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