



## Volunteer for a Great Cause

Human Solutions has many volunteer opportunities!

Human Solutions' volunteers are essential for the success of several programs, fundraising events and administrative support throughout the year. Give just a few hours; help us give a hand up to the least fortunate in our community.

Here are a few volunteer opportunities currently available:

### Daybreak Shelter Volunteer

- Help children with homework/ facilitate games and other activities
- Supervise the shelter for a few hours
- Assist with administrative/organizational needs
- Prepare and service meals
- Host a homeless for one week in your home

### Special Events Volunteer

- Become a member of an event committee
- Aid in pre/post-event administrative duties
- Volunteer at an event
- Help design brochures, posters and event materials

### Program Volunteer

- Share expertise at adult skill development classes: *Moneywise, Ready to Rent, ESL or Computer Skills*
- Lend a hand with children's programs including various creative projects and The Homework Club
- Serve lunches to children at our Summer Lunch Program
- Assist with CRAFT program which provides facilitated support groups for women transitioning away from abusive homes.

### Other

- Plant flowers/landscape in front of our residential units
- Take phone calls off of our utilities assistance line
- Volunteer your club, group or social organization to invite a Human Solutions speaker at an upcoming meeting

To volunteer—please call Joe Sixta at 503-548-0227 or at 503-256-2280, or email [jsixta@humansolutions.org](mailto:jsixta@humansolutions.org).