



## Center for Addiction Research, Education, and Support

### **VOLUNTEER OPPORTUNITIES**

#### 1. Cleaning and Maintenance

We are always looking for individuals that have skills and talents in the areas of renovation, construction, and basic maintenance to help care for our RV CARES building and property. In addition, we can always use a hand with basic cleaning duties and seasonal cleaning.

#### 2. Classroom Cuddlers

Who doesn't love to cuddle and rock a baby/toddler? Our clients will sometimes require extra time and specialized attention. Our cuddlers will serve as role models and provide that extra bit of care our clients may need. **\*This volunteer opportunity will require a criminal background check, specialized training, and other requirements as mandated prior to beginning service.**

#### 3. Parent/Family/Caregiver Mentors

Our program will be a significant source of support to our clients and their families/caregivers. As a mentor, you can help these individuals build a positive network just by being a source of encouragement and support. It doesn't take too much time to send a card or make a call. Or maybe you want to be more involved and invite them to your local church or provide them a meal. Your level of involvement is up to you. Parent/Family Mentors may also be asked to provide group classes or trainings in specific areas for which they have experience and knowledge (i.e. cooking, crafting, gardening, etc.)

#### 4. Host/Sponsor an Event

Our program is Non-profit. That means that the majority of our funding comes from grants that are written for specific projects or purposes and therefore are governed by the grant provider. We need assistance to provide various events or services to our clients and their families/caregivers. These events can be held within the community or at RV CARES. Examples of this would including hosting or sponsoring a family game night, a family dinner, or holiday party.

## 5. Host/Sponsor a Fundraiser or Donation Event

We are always in need of additional resources and funding for our various projects within the RV CARES Center as well as for our clients and their families/caregivers.

### **CURRENT PROJECTS:**

**CARE Closet-** We are attempting to fill our closet with practical baby items to be used in the facility as well as to be provided to families of clients if needed. Requested items for our closet include:

Disposable Diapers (To size 4)	Diaper Wipes	Onsies	Baby Lotion
Diaper Rash Ointment	Baby Shampoo	Baby Wash	Dreft
Sleepers and Gowns (Unisex)	Mittens	Socks	Baby Wash Cloths
Diaper Bags			

**Baby Bites Pantry-** We are building a food pantry specifically for babies/toddlers. It is important that they have not only care and nurture, but also nutritious foods and snacks for their continued growth and development. Requested items for our pantry include:

- Baby formula (Powder preferred)
- Baby food (Infant to toddler)
- Baby biscuits/cookies/crackers/snacks
- Baby cereal

**Little Lambs Sensory Lounge-** We are currently in the planning stages for a state of the art Sensory Room to be used by our clients. Our clients will sometimes struggle with over stimulation and other sensory based challenges. It is our belief that this room will be very beneficial to providing them with a soothing environment during challenging times as well as with their learning and development. It will also be utilized as an area for our clients to receive physical and/or occupation therapy services. We are in need of monetary donations towards this project. All donations for this project will be recognized by a letter of thanks. All donations of \$500 and more will be recognized on our Little Lambs Sensory Lounge Plaque of Partners. A letter of charitable donation for tax purposes will be provided at the contributor's request.

## 6. Other Volunteer Opportunities

Throughout the year, we may require volunteer services or donations for a specific purpose or client situation. Please **Like** and **Follow** the RV CARES Facebook page as these opportunities will be posted as they are needed. LINK - <https://www.facebook.com/RVCARES/>