

# Looking to Make a Difference In Your Community?

Here's How YOU Can Help



## Community Awareness & Special Event Volunteers

FRCA holds two major events each year, our **5<sup>th</sup> Annual Golf Tournament**, which will be held on Friday, June 18<sup>th</sup> and **ShelterWalk**, held the third Saturday in October (10/16/10), to support agency programs. Volunteers are needed to help solicit sponsors and raffle items, promote the event, recruit golfers and walkers, and participate and/or assist the day of the events. We welcome Teams (family, friends, co-workers, classmates, church groups, neighbors) to participate and host their own fundraiser such as a toiletry or linen/towel drive or a yard sale to provide a family leaving the shelter with sheets or blankets. Any and all ideas are welcome!

## Volunteer Child Care Providers

Family Resources Community Action provides free child care for evening training sessions and family support group meetings. We are currently seeking mature, responsible and nurturing adults with clean BCI/CANTS records to provide this valuable service. Our ability to provide free, quality child care reduces a significant barrier for those with children wishing to attend these evening offerings. Ideal candidates would be willing to commit to providing child care on a set schedule and would be willing to plan a structured activity/craft for the children attending. FRCA has a well equipped child care area.

### Groups currently meet on the:

- 3<sup>rd</sup> Wednesday of the Month from 5-7pm (no summer months)
- 4<sup>th</sup> Thursday of the month from 4:30-6:30pm (year round)
- 3<sup>rd</sup> Thursday of the month from 6-8pm (September-June)

In addition to the groups listed above Parent Education classes are held 4 times a year and run for 8 weeks per session. These classes are held on Wednesdays from 5-7pm. If you are unable to commit to a set schedule we are also screening volunteers for our pool of on call volunteers to fill in as needed.

## Family Support Center Volunteers

The Family Support Center provides assistance to low income individuals and families with basic needs such as food, rent, utilities and prescriptions. Volunteers are needed to help with food/commodities bagging and distribution. Volunteers are needed daily to fill set schedules or to be on call to fill in when necessary. This is an active assignment and requires moving cases of canned goods (up to 30 pounds).

## Agape Volunteers

Like to cook? Our Agape Center provides services to those living with HIV/AIDS. Agape provides complete meals on Monday & Wednesdays. We have a beautiful kitchen and are always in need of volunteer cooks on these days. In general Agape volunteer cooks come in around 10am to prep and prepare a meal to be ready for Noon and are set to leave by 1pm.

## First Connections Infant & Toddler Home visiting program

A volunteer is needed to assist with general office duties including photocopying and compiling intake packets. A volunteer is needed on **Tuesday & Thursday**. Hours are flexible but someone who could commit to a set schedule (even on a temporary basis) would be preferred.

## Foster Families

Foster families can provide a stable, supportive environment that will make a positive difference in the life of a child. We are always in need of foster families for both short and long-term placements, as well as families to serve as respite care providers for current foster parents. The program provides ongoing case management and clinical and financial support. For information about becoming a foster parent, contact *Terri Killory* at 401-235-6089.

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Those interested in volunteering should contact *Elena Marchand* at 401-235-6083/[emarchand@famresri.org](mailto:emarchand@famresri.org)

## **Community Garden Volunteers**

We are always looking for volunteers for our GrowUp Community Garden located here in Woonsocket. Volunteers can work schedules that are convenient to them and make a one time or on going commitment.

## **Salvation Army Red Kettle Campaign**

— FRCA teams up with The Salvation Army each holiday season to raise funds to assist low income residents of Woonsocket and North Smithfield with basic needs such as food, utilities, rent and prescriptions. Volunteers are needed during the holiday season to help raise awareness and funds by ringing the bells at selected store locations in the community. Last year, the campaign raised over \$19,000, providing much-needed assistance to families in these times of rising food and utilities costs. Volunteers sign up for **2 hour shifts** at various local locations: Campaign runs from Saturday, November 21-December 24<sup>th</sup>. Shifts run between 10--6 or 10--8 depending upon the day. It's not too early in the year to get your name on our bell ringer list! Get back to the basics of the giving season and donate a few hours of your time for a really great cause!

## **Adopt-a-Family**

- FRCA provides application screening assistance for Adopt-a-Family, a program that provides low income families with holiday toys by matching them with donors. FRCA processes over 1,000 family applications each year between September and November. Volunteers are needed on a weekly basis to assist with the application process. A brief training for volunteers is provided. If interested please let us know and we will contact you when we will be having training sessions. A consistent multi week commitment is necessary during the fall months.

## **Donations and Other Needed Items**

- Personal Care and other items for the Woonsocket Shelter and the Agape Center are always needed (*shampoo, soap, lotion, toothpaste, toothbrushes, razors, feminine products, diapers, household cleaners, laundry detergent, first aid items, toilet paper, Kleenex, etc.*) In addition, the Shelter is always in need of: *twin-sized sheets, pillows, blankets, shower curtains and hooks.*
- Items for residents moving out of the Woonsocket Shelter are always needed (*sheets, blankets, bath towels, pillows, dishes, silverware, pots and pans, clothing, etc.*)
- Gift cards (grocery, clothing store, gas cards, other) are always needed for low income individuals and families served through all FRCA programs.
- Sponsoring foster children and those in the Woonsocket Homeless Shelter for holiday gifts.
- Tax-deductible donations in any amount are appreciated. Donations can be sent to Family Resources Community Action, 245 Main Street, Woonsocket RI 02895.

If you are interested in any of the above volunteer opportunities please contact:

### **Family Resources Community Action**

Elena Marchand

Development/Volunteer Coordinator

245 Main Street , Woonsocket, RI 02895

401-235-6083 \*\* [emarchand@famresri.org](mailto:emarchand@famresri.org) \*\* [www.famresri.org](http://www.famresri.org)