

## ***Volunteer Opportunities***

*Whether it is a single day project, a skills-based opportunity, or a long-term commitment to Alexandra House; volunteering makes a difference in the lives of survivors. We work closely with individuals, businesses, and community groups to find volunteer opportunities that match their skills, interests, and availability.*

### **INDIVIDUAL OPPORTUNITIES**

#### **Shelter Advocate**

- Provide assistance with 24-hour help line and working with shelter residents to meet their needs
- Must be 18+ years old, women only, complete mandatory 50-hour training

#### **On-Call Hospital Advocate**

- Work with healthcare and law enforcement to provide support and information to victims who have experienced domestic or sexual violence on site at Mercy and Unity Hospital
- Must be 18+ years old, women only, complete mandatory 50-hour training, in general, live within 30 miles of Mercy and Unity Hospital

#### **Support Group Facilitator (availability limited)**

- Provide assistance with 24-hour help line and working with shelter residents to meet their needs
- Must be 18+ years old, women only, complete mandatory 50-hour training

#### **Childcare Volunteer**

- Plan activities and care for children of all ages residing at the shelter
- Must be 18+ years old, all genders, complete required training

#### **Kitchen / Facilities Volunteer**

- Preparing, portioning and serving meals and snacks to shelter residents
- Must be 18+ years old, all genders, brief training

***To become a volunteer, complete our Volunteer Application online at [www.alexandrahouse.org](http://www.alexandrahouse.org). For more information, contact our Community Education Coordinator at 763-795-5452.***

# *Volunteer Opportunities*

## GROUP OPPORTUNITIES

**Special Projects:** making tie blankets, organize the donation room, playground restoration, yard clean up

**Theme Meals:** evening or weekend meal preparation for 35-50 shelter residents

**Children Activities:** game night, arts and crafts, story time, cookie, gingerbread house, or pumpkin decorating

**Donation Drive:** organize a drive to collect non-perishable food, toys, bedding, personal care items or monetary gifts to benefit Alexandra House and its clients

**Adopt-a-Room:** clean, paint, refurbish and/or decorate a designated client room or space

**Event Support:** work at one of our fundraising events Walk for Hope (September) or Hope Gala (March)

**Holiday Shopping:** set up, clean up, help our clients shop or wrap gifts at our Holiday Gift Shop (December)

*To discuss potential group volunteer ideas, contact our  
Community Education Coordinator at 763-795-5452.*