

## ***Get Involved... Volunteer Services at FCA!***

*If you are interested in learning more about ways to get involved with Family & Children's Agency, please contact Volunteer Services at 855-8765.*

### **Be a Mentor!**

Be a "Big Friend" to a child in FCA's Mentoring programs. Volunteers meet once a week with their "Little Friend" and enjoy a few hours of fun and friendship. Volunteers are trained, supervised and supported by FCA staff. An extensive application and interview process helps create the mentoring match based on similar interests and preferences. Adults and high school juniors & seniors are welcome!

### **Tutor a Student!**

Join our staff at FCA's After School Program at Norwalk Community College and provide academic support and guidance to students ages 11-14. Volunteers act as tutors, mentors and positive role models to approximately 25 students in the program. Volunteers participate once a week and commit for the academic year. Adults and high school juniors and seniors are welcome!

### **Help a New Mom!**

Become part of our Nurturing Connections Team. Visit first-time moms at Norwalk Hospital and make weekly phone calls to offer support and guidance. Volunteers receive extensive training and can make phone calls from home or come to FCA's office. This program serves new mothers associated with Norwalk Hospital and works to prevent child abuse and neglect. Approximately 2 hours per week.

### **Become a Visiting Volunteer for Seniors!**

FCA's Homecare *Plus* program is looking for volunteers to visit with homebound seniors and play board games, bake goodies or to share his/her time. This is a wonderful opportunity to become a friend and companion to a senior. Approximately 2-3 hours per week.

### **Help with Childcare! (Position Currently Filled)**

Several of FCA's programs offer parenting workshops and other classes in which parents can bring their children. Childcare helpers are needed 1-2 hours weekly during mid-morning hours.

### **Facilitate a Parenting Group! (Position Currently Filled)**

Become part of our Nurturing Families Network and co-facilitate a parenting group for first-time parents (post and pre-natal). Volunteers receive extensive training and programs run from 6 to 23 weeks. Group facilitators typically volunteer in other positions within FCA's Maternal Child Programs prior to facilitating a group. Approximately 2 hours per week.

### **Join a Fundraising Committee!**

Become part of an amazing group that raises funds to support FCA's programs. Join FCA's Gala committee, Golf committee or consider hosting an event at your home (tea, cocktail party, brunch).

### [Start a Collection!](#)

Collection Coordinators needed! FCA clients often need diapers, baby clothes, bus tokens, hygiene products, socks, coats and other necessities. Consider running a drive in your school, neighborhood, church or synagogue.

### [Be Creative!](#)

If you have a special skill, we can discuss ways you can use your talents to volunteer. If you love to knit, consider making scarves for homeless clients. Work with a group of friends and consider making “meals to go” or cookie “Jars of Joy” for clients to bake with their families.

### [Share your Talents!](#)

Have a talent? FCA is looking for talented individuals to visit our After School Program and teach middle school students a new skill - yoga, sports, knitting photography, art, music, etc.

### [Be a Guest Speaker!](#)

FCA’s Maternal Child Programs, After School Program and Homeless Services are looking for volunteers to join a group and speak/teach on a special topic. Volunteers can commit to a one-time presentation or schedule a class over a series of weeks. Areas of interest are budgeting, time management, nutrition, organization, etc. Days and times are flexible and hours vary depending on program.

## *OTHER VOLUNTEERS NEEDED*

### [Lifeline CT Phone Support Volunteer](#)

FCA’s Lifeline CT department is looking for a volunteer to assist with making phone calls to clients to ensure emergency equipment is working properly. Other office duties may be assigned. Days and times are flexible. Approximately 2-3 hours per week.

### [Project Reward Clerical Volunteer \(Position Currently Unavailable\)](#)

FCA’s Project REWARD Program is looking for a volunteer to assist with answering phones and other general office support. Days and times are flexible. Approximately 2-3 hours per week.

### [Computer Help Desk Volunteer](#)

FCA’s IT department is looking for a volunteer to assist with general help desk support. Duties include uninstalling and installing software and upgrades, upkeep and cleaning of printers, and assisting with troubleshooting computer problems. Volunteer must have extensive knowledge of computers (college coursework is strongly preferred). Approximately 2-3 hours per week.

### [Shopping/Errand Volunteers](#)

FCA’s After School Program and Homeless Drop-in Center are looking for volunteers to shop at Costco every two weeks to purchase program supplies and snacks. Days and times are flexible.

### [Maternal Child Programs Outreach Volunteer](#)

FCA's Maternal Child Programs are looking for a volunteer to assist with program outreach. Volunteer will assist in the creation, mailing and distribution of flyers announcing program updates. Other duties include making phone calls to clients to encourage participation in groups and events. Ability to speak Spanish a plus, but not a requirement. Days and times are flexible. Approximately 2-3 hours per week.

### [Baking Volunteer \(Position Currently Filled\)](#)

Community Connections, FCA's Drop-in Center for homeless adults, is looking for a volunteer to make home-baked goodies for approximately 40 homeless clients. Volunteers can bake at home (breads, cookies, brownies, cakes) and drop off Saturday mornings. This is a great way to get your family involved!

### [Bingo Volunteer \(Position Currently Filled\)](#)

Community Connections, FCA's Drop-in Center for homeless adults, is looking for a volunteer to facilitate bingo games for clients. Volunteer may also wish to work on creating a "Bingo prize" box and collect small prizes for homeless clients to win. Games are scheduled every other week for approximately 1½ hours during the day.

