

What can I do to help? Ways to get involved with FCA!

For volunteers who cannot make a yearly commitment to a program, or for youth looking for community service hours, the following is a list of ways to get involved.

COLLECTIONS & DRIVES

We don't encourage soliciting strangers door-to-door, but volunteers will ask parents, neighbors, family and friends to donate. Some choose to have a collection through an organization such as work, school, a youth group, church or synagogue. Some ideas may sound "quick" but there are always ways to turn these into a great volunteer experience. For example – if a child/family is collecting an item or money for a drive - Children can get involved by creating wonderful posters and flyers, decorating the boxes for the items, and organizing them.

- New baby items – clothes, socks, diapers
- New adult sized gloves, hats, sock for the homeless (seasonal items)
- Personal hygiene bags for homeless clients (soap, deodorant, lotion)
- Personal care bags for teens (chapstick, scented lotions, hair care products)
- Arts and craft baggies for kids (crayons, markers, pad, construction paper)
- First aid kits (band aids, cold packs, antiseptic cream)
- Clean-up buckets (filled with cleaning supplies) for newly-housed clients
- Norwalk wheels bus tokens for safe rides for our clients
- Backpacks with school supplies
- Day planners & inspirational books for women in recovery
- Gently-used winter coats for homeless adults
- Stop-n-Shop, Borders, Wal-Mart gift cards for clients
- New "family" books for parents to read with their children.

MAKING AN ITEM

These projects may require supplies be purchased by the volunteer. Younger children have raised funds by bake sales, lemonade stands, baby-sitting, tag sales, raking leaves, etc...

- Bake items for FCA's homeless clients or after school children
- Mason jar meals (rainbow bean soup, cookies...) recipes at FCA
- Decorate flower pots fill with flowers/plants (seasonal)
- Meals to go (rice & beans, spaghetti & sauce, holiday meals)
- Use your talents – if you can knit, make a scarf etc...

OTHER WAYS/ Possible Direct Services

- Teach clients a new skill for one or few sessions (computers, art, and music)
- Group activities w/ clients (make jewelry, build bird houses)
- Sponsor a party for FCA program (supply food, drink, craft)
- Sponsor an activity (ice-skating, basketball, swim party for youth)
- Have a movie night with friends (admission can be slippers or PJs for teens)
- Hold a read-a-thon, (donate book gift certificates for FCA to give to clients)
- Join our Done-in-a-Day list and receive emails about upcoming needs from volunteers.

*What you can think of that might be a need or a want; we are always open to new suggestions!
Please contact Volunteer Services at FCA if you are interested.*

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