

FINDING TIME TO VOLUNTEER.

COMBINE FAMILY TIME WITH SERVICE

Encourage your children to draw pictures or make cards for seniors or disabled individuals. Encourage kids to be creative and make up a skit or practice songs they can perform. Take them to a nursing home/assisted living center or participate in the AngelWorx program.

Commitment: one hour to as much time as you want.

Coach your child's sports team.

Commitment: only in the summer time

Take your children to the park to clean up litter. No one says you can only do this as part of an organization.

Commitment: one time a month? once every few months?

COMBINE SOCIAL TIME WITH SERVICE

Weekly girls night? Book club? How about making one night a month a service night. Find an issue that interests the group, approach an organization, and ask if they have any "take home" work that you can do as a group (envelope stuffing, decorations for an event, data entry, etc.)

Commitment: once a month or less

Involve your circle of friends in a pet cause. Join a civic club together. Volunteer at the same non-profit.

Commitment: ongoing if you want it to be

In a hobby club with friends? Offer to teach your talents to youth groups, school clubs, or even at schools themselves. Particularly with funding for arts being cut in school systems, the need for volunteers in these areas is increasing. TRI-CAP Head Start program always looks for people to come and do activities with children.

Commitment: once a year

MULTI-TASKING

Consider using those moments when you are waiting for your child to finish soccer practice... use your phone to update an organization's Facebook page, write thank you cards on behalf of your non-profit, address letters.

Have a skill or talent? Knitting, quilting, food preservation, art? Consider knitting while watching TV at night—donate the knitted items to an organization who can use them or where they can be sold at a fundraiser. Store them up to sell at an annual arts festival—donate the money you raise. Memorial Hospital (at one point) requested comfort blankets to give to sick children.

TRI-CAP's Healthy Families program made sleep sacks for babies to prevent SIDS.

Want more ideas? Visit www.volunteerduboiscounty.org.



volunteer
DUBOIS COUNTY