



VOLUNTEER OPPORTUNITIES

NAME: _____ DATE: _____

ADDRESS/CITY: _____

PHONE: _____ (home) _____ (cell)

EMAIL: _____

PREFERRED DAYS / TIMES TO VOLUNTEER: _____

Please indicate which volunteer opportunities are of greatest interest to you by rating your first, second, and third choices (using the indicators 1, 2, and 3). If more than three options are of interest to you, please feel free to check them all!

Relief House Staff

This woman would be in the home when the on-duty House Staff has to be gone, or who could cover holidays, etc. Time commitment varies. Requires a one-hour training and a background check. Please print full name and date of birth:

On-site babysitter

We can use girls high-school aged or older to be on-site to watch a baby while the mom participates in required programs in adjacent room. (The resident is still responsible for her children's behavior and safety.) Time commitment varies, but usually no more than 1-2 hours on an as-needed basis.

Transportation

We need volunteers who can give a resident a ride to a doctor's appointment, work, etc. Valid driver's license and proof of insurance need to be given to the Director. Time commitment varies.

_____ **I will spiritually adopt a mom and baby.**

We need people who will commit to praying **one hour/week** for a specific mom (and her baby). The prayer can happen at your home, at a church, or at the local Adoration Chapel. *(This is not one hour for the mom and another hour for the baby. It is a total of one hour/week.)*

_____ **“Abundant Blessings” Store Volunteers**

We need someone who can receive donations of various baby, mother, and household items at our store on Tuesdays from 10:00 – 11:00 am, as well as keeping the space clean and organized. Time commitment: Approximately 3 hours/week.

_____ **“Josephs” (aka Maintenance Men)**

We need male volunteers who can help with making repairs and maintaining our home. Do you have a truck? We also need people to lift and move heavy items. Time commitment varies.

_____ **Marketing:**

Volunteers are needed to help with a variety of marketing efforts. See what appeals to you:

- ___ Keep our website and /or Facebook page updated
- ___ Assist with designing marketing pieces (signs, handouts, flyers, etc.)
- ___ Staff our booth at local events (the Fair, etc.)
- ___ Sell raffle tickets for the Honoring Women of Hope Luncheon in May
- ___ Taking photos of events

_____ **Yard Work / Gardening**

Volunteers are needed for yard work (planting flowers, trimming bushes, mowing the lawn, raking leaves, etc.) as well as help with the garden (weeding, watering, etc).

_____ **Deep spring and fall cleaning**

Volunteers are needed for deep cleaning twice a year (wash windows, clean cupboards, wash walls, touch up paint, floorboards, etc).

**If you have another idea of how you can use your skills, contact
Colleen Pasnik
563-231-3661**

director@marysinnmaternityhome.org

**All volunteers are required to attend a one hour training session;
additional training may be required for some positions.**