Sarah's Hope Shelters Volunteer and Donation Needs

Thank you for your interest in volunteering and donating to Sarah's Hope! You'll be joining an active community of passionate, talented, and committed volunteers and supporters. Our shelters offer both individual and group volunteer opportunities that expand the services we can offer our clients, as well as help you engage in your local community.

Sarah's Hope, a program of St. Vincent de Paul of Baltimore, provides comprehensive 24-hour services for homeless women and children at two sites in the Baltimore area. Sarah's Hope offers shelter, case management, and family-centered support services that preserve the family unit, help families quickly regain permanent housing, and enable them to achieve long-term self-sufficiency.

To sign up to volunteer or donate something from our wishlist, please contact the Volunteer Coordinator for your preferred site! You can also purchase donations and ship them directly to the program by using our Amazon wishlists:

> Hannah More Amazon Wishlist: <u>http://amzn.com/w/31CG4WAT10UTE</u> Mount Street Amazon Wishlist: <u>http://amzn.com/w/FVHIF9JT8075</u>

Sarah's Hope, Mount Street

Danielle Rankin Volunteer Coordinator

1114 N. Mount Street Baltimore, MD 21217

Volunteer Line: 443-580-0058 Main Office: 410-396-2204

Sarah's Hope, Hannah More

Laura Starsoneck Volunteer Coordinator

12041 Reisterstown Rd Reisterstown, MD 21136

Volunteer Line: 410-773-0334 Main Office: 410-773-0320



Individual Volunteer Opportunities

Meal Preparation

Available Locations: Mount Street

Sarah's Hope Mount Street depends on volunteers to bring in home-cooked dinners and fresh lunches for its 75 residents. Volunteers can use our sample menus and recipes or their own ideas to prepare dishes that can be reheated and served. Meal donors can choose to either drop off the meal or stay to serve if we have openings!

Administrative Assistants

Available Locations: Mount Street and Hannah More Sarah's Hope is in need of volunteers who can assist our main offices by greeting visitors, answering the phones, directing calls toward the proper staff person, taking messages for clients, and other administrative tasks. Volunteers must be 18 or older and able to commit to a weekly 3-4 hour shift.

After-School Tutors

Available Locations: Mount Street and Hannah More After school tutors work with staff to provide academic support and homework help to children. Volunteers must be 16 or older and able to volunteer at least once a week.

Mount Street: Tuesdays and Wednesdays, 4:30pm-6pm **Hannah More:** Mondays through Thursdays, 4pm-6pm

Employment Support and Coaching

Available Locations: Mount Street and Hannah More

Employment support volunteers work with adult female residents in small groups and one-on-one coaching sessions in specific areas: creating cover letters and resumes, practice interviews, and assistance with completing job applications. Volunteers must be 25 and older, and either be currently employed or have previous professional experience. Daytime and evening hours available.

Facility and Donations Assistance

Available Locations: Mount Street and Hannah More

Both of our shelter sites are in need of small groups or individuals to assist with ongoing light grounds maintenance, sorting donations, and maintaining the health and safety of our building. Examples of projects include sorting toiletries and donated goods, outside litter cleanup and garden bed weeding, and deep cleaning our playrooms. This opportunity would be great for a group or individual interested in doing self-managed, ongoing service on a weekly or biweekly basis.

Life Skills and Parenting Class Instructors

Available Locations: Hannah More

Volunteer instructors facilitate life skills and parenting classes for our adult women residents. Class series meet every week for two hours over the course of four weeks. Curriculum and training is provided by Sarah's Hope, with regular professional development opportunities.

Qualifications: Teachers should have experience with teaching, psychology, nursing, child care, or working with low income families, but other qualifications will also be considered. This position only accepts female applicants age 25 and older due to the sensitive nature of the class discussions. Parenting instructors must have children of their own.

Meal Servers

Available Locations: Mount Street and Hannah More

Volunteers are needed to help serve meals and provide a friendly, welcoming environment for the residents. Volunteers must be age 13 and up and serve on a weekly, bi-weekly, or monthly basis.

Mount Street: Dinner shifts are 5:45pm-7:15pm—1st and 3rd Tuesdays (2 positions), 1st and 3rd Fridays (1 position), 2nd Mondays (2 positions), 4th Thursdays (3 positions)

Hannah More: Lunch shifts are 11:30am-1pm, and dinner shifts are 5:30pm-7pm—we're recruiting for all shifts!

Youth Activities

Available Locations: Mount Street and Hannah More

Youth activities volunteers provide fun and entertainment for our children on school breaks at the Mount Street shelter. Staff provide all the materials for the projects, but you are welcome to plan your own activity too! This is a great volunteer opportunity for individuals or groups of up to ten. All volunteers must be 16 or older.

Mount Street: 7-9pm on Mondays, Wednesdays, and Thursdays starting May 6th 1-4pm on these dates: May 27th, June 10th-14th, and June 17th-21st

Hannah More: 7-9pm, Mondays through Thursdays

Don't see an opportunity that fits your schedule or interests? Don't worry—we have new opportunities all the time! Let us know you would be interested in future opportunities and we can put you on our reserve volunteer list!

Ready to volunteer or donate? Contact the Volunteer Coordinator for your preferred site:

Mount Street: Danielle Rankin, danielle.rankin@vincentbaltimore.org or 443-580-9958 **Hannah More:** Laura Starsoneck, laura.starsoneck@vincentbaltimore.org or 410-773-0334

Group Volunteer Opportunities

Meal Preparation

Available Locations: Mount Street

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Childrens' Birthday Party Hosts

Available Locations: Hannah More

Groups of volunteers are needed to provide and host birthday parties for clients on-site at the Hannah More shelter. Birthday party volunteer groups donate decorations for the party space, provide cake or cupcakes for 75 residents, bring a fun activity or craft for the children, and presents for the children with birthdays that month (usually 3-4 children). This is an easy and fun way for large groups (5-15) of volunteers age 16 and up to get involved. This opportunity is available one-time or on a regular basis.

Baby Shower Hosts

Available Locations: Hannah More and Mount Street

Groups of volunteers are needed to host baby showers for our clients that are about to give birth or have recently. This is a great way for a group of women or moms to show their support of our homeless women during a critical and challenging time in their lives! Baby shower volunteer groups donate decorations for the party space, provide cake or cupcakes for the adult women at the shelter (typically 35 women), lead traditional baby shower activities, and donate some baby supplies and gifts for our new moms (usually 1-3 women). This is an easy and fun way for large groups (5-15) of adult volunteers to get involved. This opportunity is available one-time or on a regular, as-needed basis, and we will provide all the information and list of suggested items!

Women's Support and Activities

Available Locations: Hannah More and Mount Street

Both of our shelters need groups of women and moms to provide wellness activities, birthday celebrations, peer support and fun! Please contact your Volunteer Coordinator for more information.

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Sarah's Hope Wishlist



Sarah's Hope, a program of St. Vincent de Paul of Baltimore, is a comprehensive program that provides 24-hour services for homeless families at two locations in the Baltimore, Maryland area. Sarah's Hope offers shelter and family-centered support services that provide immediate stabilization, preserve the family unit, help families quickly regain permanent housing, and enable them to achieve long-term self-sufficiency.

Special Needs

Hannah More Amazon Wishlist: <u>http://amzn.com/w/31CG4WAT10UTE</u> Mount Street Amazon Wishlist: <u>http://amzn.com/w/FVHIF9JT8075</u>

Twin sheets, blankets, towels & washcloths Women's Class Kits: Each includes (1) notebook, (2-3) pens/pencils, (1) folder Women's Birthday Presents: bath gift sets, jewelry gift sets, and unsigned cards

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Food Needs

Fresh fruit Cereal Sugar Drink Mix Condiments Instant oatmeal Coffee Granola bars Graham crackers Fruit cups Cookies

Program Supplies

Powdered laundry detergent Diapers & Baby Wipes Baby formula Toiletries Hand Sanitizer Feminine hygiene products Plastic utensils Paper napkins Foam cups and plates Bleach & Pine Sol

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