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**Volunteer Opportunities**

Bridges Safehouse seeks to encourage, empower, equip and educate women in crisis, and their children, by providing shelter, life-skills training and mentoring while in our care.

The following are descriptions of volunteer opportunities available at Bridges Safehouse. For questions please contact the Volunteer Coordinator at volunteers@bridgessafehouse.org. Volunteer applications can be found online at www.bridgessafehouse.org

**Prayer Partners**

**Volunteer Commitment Hours:** 10-30 minutes per week, between the hours of 8:30am and 7pm

As with any ministry, to be covered in prayer is of the utmost importance. We invite prayer partners to come to the safehouse and pray for the residents, staff and needs of the house. You can stop by at a time that is convenient for you and stay for as short or long as you want.

**Class Instructor**

**Volunteer Commitment Hours:** 1-2 hours weekly or bi-weekly, class times are 10:30am and 3pm

**Health:** If you are a nurse, medical assistant, nutritionist, physical therapist, dental hygienist, etc., you can help by sharing helpful medical information like; body changes, diet, what to eat while expecting, acceptable exercise, children’s nutrition, oral hygiene, and body hygiene, etc..

**Home Economics:** Could include topics like; [interior design](http://en.wikipedia.org/wiki/Interior_design), home furnishing, cleaning, [handicrafts](http://en.wikipedia.org/wiki/Handicraft), [sewing](http://en.wikipedia.org/wiki/Sewing), clothing and textiles, [cooking](http://en.wikipedia.org/wiki/Cooking), [nutrition](http://en.wikipedia.org/wiki/Nutrition), [food preservation](http://en.wikipedia.org/wiki/Food_preservation), [hygiene](http://en.wikipedia.org/wiki/Hygiene), [child development](http://en.wikipedia.org/wiki/Child_development), managing money, and family relationships. This class should teach residents how to properly run a family environment. Sexual education and drug awareness might be also covered, along with topics such as fire prevention and safety procedures. It should prepare residents for independent living.

**Crafts/Hobbies:** Sharing your hobby or love for a craft with our residents. Some ideas are; scrapbooking, photography, re-purposing, sewing, crochet, candle-making, jewelry making, painting, etc.

**Meal Planning/Grocery Lists:** Many residents are not familiar with the kitchen and home cooking from scratch. They are usually delighted to have someone show them how to fix a meal or a specific kind of food. Some examples are: A great easy complete meal – Italian, Mexican, American etc., easy soups, desserts, breads. A great skill to teach them is how to look in a cupboard and refrigerator and make a meal out of what ingredients you already have on hand and meal planning and how to build a grocery list.

**Money Management:** Teaching the life skill of how to manage money wisely, how to acquire and maintain a checkbook, how to budget your income, etc.

**Personal Development:** Teaching how to write a resume and prepare for an interview. Other skills could include; conflict resolution, developing healthy relationships, setting & achieving goals, etc.

**Bible Study:** We are a faith based shelter and believe in introducing the residents to Jesus Christ as Savior and Lord. Providing the girls with an opportunity to know what is in God’s Word and how it can provide comfort, guidance and salvation. All Bible Study material must be approved by the Program Coordinator.

**Dance/Exercise:** Teaching dance or exercise or a combination of both. Some ideas could be Zumba, Pilates, Kick-boxing, etc.

**Community Life**

**Volunteer Commitment Hours:** 3 hours monthly, usually Friday or Saturday from 6pm to 9pm (weekend times are flexible)

Building relationships by hanging out with the residents. This could be playing games, movies & popcorn, doing manicures & pedicures, cooking a themed dinner, etc.

**Life Events:** Working with a team of volunteers to host Birthday parties or Baby Showers; includes coordinating invitations, food, decorations, etc.

**Transportation**

**Volunteer Commitment Hours:** Tuesday or Thursday between the hours of 9am to 4pm (exact times vary)

Provide transportation to/from appointments for medical or housing needs. You will be contacted 48 hours in advance.

**Facilities**

**Volunteer Commitment Hours:** 2 hours weekly or monthly (times are flexible)

All maintenance is to be done at the request and direction of the Facilities Manager

**Exterior:** Maintaining the Lawn/sprinkler system, flower beds/pots, tree care

**Grounds:** Spraying for insects, keeping the grounds picked up in front and back yard, repair any equipment that needs.

**Washing windows:**

**Gardening:** Assist the master garden keeper with the garden upkeep such as: preparing the soil, planting, watering, and picking the produce.

**Canning Vegetables:** Assist the master gardener in canning at the appropriate times of year.

**Interior:** Assist the House Mom with any task needed such as: cleaning, hanging décor, re-arranging furniture, making beds, organizing, etc.

**Admin Support**

**Volunteer Commitment Hours:** 2 hours weekly or monthly (times are flexible)

**Donations:** Sorting and putting away donations, transporting donations to Bridges Boutique and other appropriate entities.

**Cleaning the office area/foyer:**  Weekly vacuuming, dusting, take the trash, water plants etc. as per the cleaning checklist

**Fundraisers:** Assist the Director with preparation, set up, attendance, clean-up, supply storage day after event.

**Computer Maintenance/Assistance:** Keep computers, printers and phones updated and maintained as needed

**Finance:** Assist the Director with Grant Writing and Accounting

**Communications & Development:** Assist with miscellaneous tasks which may include data entry, mail merges and letter generation, department errands, and other tasks and projects that support special events and communications**.** Could include graphic design, website development and social media

**Boutique:** Assist manager with; donation intake, sorting, storing, pricing, displaying, cleaning, sales etc.