

VOLUNTEER OPPORTUNITIES

Art (crafts, Art Therapy)
Fitness (Pilates, kick boxing, self-defense, or dance)
Gardening
Flower Therapy
Nutrition (Cooking/baking lessons)
Finances/budgeting (coupons)
Life Skills (sewing, knitting)
Life Coaching
Mentoring
Computer literacy
GED/College prep tutoring
Monthly book club
Licensed clinical mental health worker
Administrative, social work, or counseling interns
Trauma trained, licensed, ordained ministers, faith leaders, providing prayer, guidance,
spiritual development
Transportation (appointments, court hearings, visitation with children, employment,
volunteer hours, vocational/educational opportunities)
Office assistance (grant writers)
Event help
Marketing/social media
Groundskeeping (plumbing, exterminating, tree removal)