

ECS' VOLUNTEER OPPORTUNITY GUIDE

Regular/Weekly Volunteer Roles:							
Program	Opportunity	Schedule	Volunteer Role	Description	Training	Location	Commitment
Head Start	Classroom volunteer	One time slot (approx. 3-4 hours) per week during school hours	Interact with children in a preschool classroom, on playground, etc, supporting them as they complete activities, etc.	This is a great support to both the Head Start children and the teachers. Interaction with children offers added opportunity for conversations, encouragement, and more.	On-site training	Various Head Start centers in South Bay (San Diego)	Ideally one year (Head Start center schedules vary). Some exceptions for volunteers who come more than 3 hours per week
Friend to Friend	Receptionist/Front Desk Support	One time slot (3-4 hours) per week on a weekday between 9am and 4pm	Spend time at front desk greeting clients, sharing information or referring to staff, answering phones, possibly filing or other admin tasks as needed	This is a great role for volunteers who enjoy administrative tasks as well as interaction with program members. Friend to Friend is an outreach programs for homeless adults with a mental health disorder. Members come to the center for appointments with staff, for classes/groups, to work in the computer lab, etc.	On site training focused on interacting with program members, the phone system, how to refer clients to staff, safety, etc.	University Heights on El Cajon Blvd and Mississippi Ave.	Ideally one year. Some exceptions for volunteers who come more than 3 hours per week

Downtown Safe Haven/ Uptown Safe Haven	Relational Volunteer	One weekday evening or weekend daytime time slot (approx. 3 hours) per week	Spend time interacting with residents in transitional home over dinner, in their living space, etc. Residents are homeless adults who have a mental health disorder and are working on personal goals.	Great for people who enjoy connecting and being a personal encouragement, with the option for other activities to grow out of this somewhat unstructured time (i.e. make a plan to cook with residents, go on a weekend outing along with staff, etc.). Provides healthy interactions for residents and helps to build life skills. Also supports staff during hours when there are less staff working.	Orientation with program manager and/or staff	One home is in downtown San Diego near City College, and one is near Balboa Park	Ideally one year. Some exceptions for volunteers who come more than 3 hours per week
Downtown Safe Haven/ Uptown Safe Haven	Art Therapist	One or two sessions per week.	Facilitate art workshops with adults in our transitional homes for homeless adults who have mental health disorders		This position would need to be filled by a certified art therapist or art therapist-in-training	One home is in downtown San Diego near City College, and one is near Balboa Park	To be determined
Periodic Volunteer Roles and Collections:							
Friend to Friend	Life Celebration Meals (provided with a group)	One time per year; food prep time and/or attending a lunch on the 3rd Friday of a month from 12-1pm	Work with a church or other group to cook a meal for a monthly Life Celebration lunch and/or serve it at our Friend to Friend Homeless Outreach Program.	These are wonderful, encouraging events where a meal is served to approx. 30 clients, and all are given a chance to share something they are grateful for before enjoying a great meal.	no training needed	University Heights on El Cajon Blvd and Mississippi Ave.	One event per year

Safe Havens	Support for a Holiday Party	One time per year (potentially with a group)	Provide decorations, food, music, etc. for a holiday party. This could be a major holiday like Easter or Christmas, or a smaller holiday like St. Patrick's Day, the 4th of July, Memorial Day, etc. Volunteers could come and join in on the party or donate items for the program to use on their own.	This is a wonderful way to support the clients living in one of our Safe Haven transitional homes. It allows them to have fun within their community and celebrate a special day.	no training needed	One home is in downtown San Diego near City College, and one is near Balboa Park	NA
Safe Havens	Home Starter Kits	one time or on-going	Collect items for residents moving out of our Safe Havens into permanent housing.	ECS will provide a list of suggested items, including kitchen, bath, and bedroom items. This a great way to give one of our clients a jump start on success as they transition to living independently after having lived in the supportive setting of one of our Safe Havens.	no training needed	Items would be dropped off at one of our Safe Havens	No ongoing commitment required
Friend to Friend	Collect items for Clients	One time or on-going	Collect items for program members such as hygiene items, socks, snacks, underwear, flash drives, umbrellas, etc. ECS will provide a list of needed items.	This is a great way to support our program members so that they feel cared for and have practical support when it is needed.	no training needed	North Park (add address)	No ongoing commitment required

Admin Offices/ Overall Program Support	Photographer	One time or on-going	Take photos at program events, fundraisers, etc.	This is a wonderful way to help ECS share the work that is being done in its various programs.	no training needed	Various	No ongoing commitment required
Committee and Event Volunteer Roles:							
Admin Offices/ Overall Program Support	Communications Committee Volunteer	One meeting every 2 months and support between meetings	Share communications expertise with ECS Staff and Board members working on Communications for the organization	Support in the areas of PR, social media, graphics, video, etc. is a huge help as we work to share the work that we are doing with the community.	no training needed	Meetings are held at our Admin. Offices on Mile of Cars Way in National City	One year commitment is preferred, though help with shorter projects would be welcome
Friend to Friend	Event Volunteer for Annual Shoe Distribution and Foot Washing Event	Event is Thursday before Easter (Maundy Thursday) each year	There are a variety of roles to be filled. Contact us for more info.				
Admin Offices/ Overall Program Support	Holy Smoke Volunteer	Date is always in the spring but varies each year.	There are a variety of roles to be filled. Contact us for more info.	One need is for items to serve as prizes for our Opportunity Drawing			
For more information about any of these opportunities or to discuss other ways to serve, please contact Deann Ayer, ECS' Community Engagement Coordinator, at dayer@ecscalifornia.org or 619.228.2840. www.ecscalifornia.org.							