

ECS Volunteer Opportunity Guide

Program	Opportunity	Schedule	Volunteer Role	Benefit to Clients/ More Details	Training	Location	Commitment
Head Start	Speaker	One time commitment; set up time during school day	Share about your career, a hobby, a culture/ country, or holiday	This is a fun way to help broaden the horizons of our students and/or parents and support our Head Start program	No training needed	One of our Head Start centers in the South Bay region of San Diego	No ongoing commitment required
Head Start	Event Volunteer	Choose a scheduled event, often near a holiday	Serve as a volunteer as a preschool event such as a Home Based Christmas party	This is a fun, helpful way to support the children and families in our Head Start program	No training needed	One of our Head Start centers in the South Bay region of San Diego	No ongoing commitment required
Head Start	Classroom volunteer	Consistent time slot (approx. 3-4 hours) each week during school hours	Interact with children in a preschool classroom, on playground, etc, supporting them as they complete activities	This is a great support to Head Start children and teachers. Interaction with the children supports the development of language and social skills, is encouraging to the students, and more.	On-site training	Various Head Start centers in the South Bay region of San Diego	Ideally one year (Center schedules vary). Some exceptions for volunteers who come more than 3 hours per week
Uptown Safe Haven	Volunteer for Monthly BBQ	One time on a Thursday from 11am-1pm	Help with monthly social event by grilling, bringing food, interacting with residents, etc.	These are great events which help to build social skills and provide encouragement to our residents	No training needed	Uptown Safe Haven - Bankers Hill near Balboa Park	No ongoing commitment required

Uptown Safe Haven	Facilitate discussion at weekly resident meeting	One time on a Friday from 10-11am	Work with volunteer coordinator and program manager to plan a discussion focused on building life skills	It is great to hear from outside voices in this weekly meeting as residents work on building social and life skills which will help them to be successful in all that they do	Discuss topic with staff to prepare	Uptown Safe Haven - Bankers Hill near Balboa Park	No ongoing commitment required
Uptown Safe Haven	Relational Volunteer	Consistent time slot (approx. 3 hours per week) each week. Time TBD based on program needs and volunteer availability	Interact with residents in transitional home over meals, in their living space, etc. Residents are homeless adults with a mental health diagnosis who are working on personal goals, including permanent housing.	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 social interaction for residents and helps to build life skills.	Orientation with UTSH manager and staff	Uptown Safe Haven - Bankers Hill near Balboa Park	Ideally one year. Some exceptions for volunteers who come more than 3 hours per week
Uptown Safe Haven	Collect Household Items	one time or on-going	Collect items for residents moving out of ECS Uptown Safe Haven into permanent housing.	ECS will provide a list of suggested items, including kitchen, bath, and bedroom items. This is a great way to give our clients a jump start on success as they transition to living independently after having lived in the supportive setting of a transitional home.	no training needed	Items would be dropped off at Uptown Safe Haven in Banker's Hill near Balboa Park	No ongoing commitment required

Friend to Friend	Collect items for clients	One time or on-going	Collect items for program members (i.e. hygiene items, socks, snacks, underwear, flash drives, umbrellas) based on a list of needs.	This is a great way to support our program members. It helps them to feel cared for and provides much needed practical support as well.	no training needed	El Cajon Blvd. in University Heights	No ongoing commitment required
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 outreach program for homeless adults with mental health diagnoses.	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	El Cajon Blvd. in University Heights	No ongoing commitment required
Friend to Friend	Event Volunteer (i.e. Maundy Thursday, Thanksgiving lunch, Christmas party, smaller holiday celebration)	One time, date and time based on scheduled event	Volunteer on your own or with a group to support a holiday or other event at Friend to Friend	These events provide social interaction, build community, and provide a great meal for our clients during the holidays which can be challenging for folks who don't have family support	no training needed	El Cajon Blvd. in University Heights	No ongoing commitment required

Friend to Friend	Receptionist/ Front Desk Support	Consistent time slot (3-4 hours) each week between 9am and 4pm	Spend time at front desk greeting clients, sharing information and referring guests/clients to staff, answering phones, and possibly filing or completing other 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 program for homeless adults with a diagnosed mental illness. 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 and how to refer clients to staff, safety, etc.	El Cajon Blvd. in University Heights	Ideally one year. Some exceptions for volunteers who volunteer more than 3 hours per week
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 locations	No ongoing commitment required
Admin Offices/ Overall Program Support	Event Volunteer (i.e. annual meeting, a program open house, etc.)	One time or on-going	Help with set up, break down, decorations, greeting, etc. at an ECS event	A team of volunteers helps to make events run more smoothly!	Some roles involve serving on a planning committee	Various locations	Commitment varies by event

Plsae see "Ways to Support ECS" for more ideas including possible collections/drives to support ECS' programs.